Serfojee Rajah

AN

ESSAY

ON THE

MANAGEMENT, NURSING, AND DISEASES

OF

CHILDREN,

FROM THE BIRTH:

AND ON,

THE TREATMENT AND DISEASES

OF

PREGNANT AND LYING-IN WOMEN:

WITH

REMARKS

ON THE

DOMESTIC PRACTICE OF MEDICINE

THE SECOND EDITION,

EVISED AND CONSIDERABLY ENLARGED.

TO WHICH IS NOW ADDED,

THE TREATMENT AND DISEASES

OF

CHILDREN

AT MORE ADVANCED PERIODS OF CHILDHOOD:

WITH

OBSERVATIONS

ON

MOTHERS NURSING THEIR CHILDREN.

The whole designed for Domestic Use, and purposely adapted for Female Comprehension, in a manner perfectly consistent with the Delicacy of the Sex; and suited to the Medical Student and Younger Practitioner.

By WILLIAM MOSS,

SURGEON TO THE LIVERPOOL LYING-IN CHARITY.

EGHAM:

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MDCCXCIV.

THE TANJORE MAHARAJA SERFOGI'S SARASWATI MAHAL

TO THE

QUEEN,

MADAM,

THAT unreſerved and impartial diſpenſation of a native benevolence, which ſo juſtly and eminently diſtinguiſhes your Majeſty; added to a ſympathetic tenderneſs, manifeſted by your Majeſty upon all occaſions, in the cauſe of your ſex and their tender offspring in the ſituations here treated of; encourage me to ſolicit, for this eſſay to leſſen and alleviate the ſufferings ſuſtained by the mother and infant, a refuge in, that foſtering aſylum, your royal protection.

YOUR

Your Majeſty's ſolicitous attention to the maternal duties of your own royal family, has long obtained the grateful acknowledgments of an admiring public; and has been the happy means of inducing general emulation:—duties, that, although fraught with powerful, intrinſic allurements, become yet more captivating under the influence of ſo bright an example.

That your Majeſty may long continue the patroneſs of every private and public virtue, is the zealous wiſh of,

Madam,

Your Majeſty's moſt dutiful,

Moſt humble Servant,

WILLIAM MOSS.

Liverpool.

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REMARKS

ON THE

DOMESTIC PRACTICE OF MEDICINE.

BOOKS on the *Domeſtic Practice of Medicine* have prevailed in all ages; but, with what benefit to the public, has not been generally underſtood.

MEDICAL ſubjects are, of all others, the moſt improper to be ſubmitted to general inſpection and peruſal, from the difficulty, and almoſt impoſſibility of making them properly and ſufficiently intelligible to thoſe who have not made medicine a diſtinct, particular ſtudy; on which account, medical books and receipts, except in the hands of medical men properly ſo called, will be, and are, moſt commonly miſapplied; and, of courſe, become unſafe, and even dangerous.

ALTHOUGH medicine, as a ſcience, requires a ſtudy regularly progreſſive through its different branches and departments, with a deſign of form-

ing a basis and stated rules for general practice; yet notwithstanding all the endeavours and attempts that have been made with that view, very few such general rules have been obtained to direct the practice of it, as can be invariably adopted, and which do not necessarily admit of many and very frequent objections and alterations.

MANY of the laws of animated nature, in a sound, healthy, and perfect state, are very regular, and nearly reducible to a systematic order; as, the laws of vision; hearing; and the other senses; as also are most of the processes and operations of the human body, as the food; sleeping; waking; &c. &c. yet when, from a defect in one or more of the organs or constituent parts of the machine, a disease is produced, that uniform, regular order is interrupted; and so variable, uncertain, and irregular are the changes thus produced, as to exclude the most distant hope of ever obtaining or establishing a *regular* system of practical medicine: perhaps we recede and are farther from it than ever we were; as diseases become more variable and aggravated, and even new ones formed, by luxury and indulgences of every kind, which have increased much of late years in many parts of the kingdom; and there is but little prospect of a decline of them. The diseases to which the human body is liable by nature, are comparatively very few in number with those that are produced by art,

art, or luxuries and exceffes *; and are much more fimple in themfelves, as are likewife the means which are to be ufed in obviating and removing them.

If Medicine, like the other fciences, could be fo far reduced to a fyftem, that general rules could be univerfally adopted, very moderate abilities and trifling application would be fufficient to conduct the practice of it. This however is found by experience not to be the cafe; as a difeafe, apparently the fame in two different perfons, or in the fame perfon at different periods, will frequently require a different treatment; often quite oppofite; depending upon, a difference or change in the conftitution, climate, feafon of the year, period of life, the exciting caufe, or other circumftances fo numerous and variable as fcarcely to admit of defcription: fo that it very often happens, that what is found to give relief upon one occafion, and at one time, may not only be ineffectual, but even injurious at another. To conceive and form thefe nice diftinctions properly, requires the exertion of a judgment informed and corrected by much ftudy and experience—the only guides and directors to be fafely trufted.

From the above confiderations, the obvious difficulty of practifing by any given or general rules, howfoever feemingly clear and explicit they

* "The firft Phyfician by excefs was made."

may be, is very apparent, without firſt obtaining ſuch a general knowledge of the animal œconomy, the nature of diſeaſes, and the powers and particular application of medicines, as to be enabled to vary the practice as circumſtances and exigences ſhall indicate and require.

These arguments are here introduced, with a view of pointing out the inefficacy and dangerous tendency of medicine as it is commonly practiſed and applied in a domeſtic or family way, either from medical books and receipts, or by means of medicines recommended by friends or acquaintance upon their own authority, or the faith and confidence they repoſe in a newſpaper advertiſement. It is not however here intended to condemn any book of medicine, or medicines otherwiſe preſcribed or compounded, as in themſelves uſeleſs, or dangerous, upon all occaſions: no doubt ſuch a judicious choice may be made of them, as to render them convenient and uſeful, when properly applied; but it is the uncertainty and difficulty of ſuch choice and application that is here alluded to, and to which the public ſhould ſo warily and cautiouſly attend.

It is a common obſervation with reſpect to many medicines in general uſe, that they are ſo ſafe and innocent they can do no harm. This may be applied to a very few; but upon the whole, the argument is very deceitful; as, a medicine, that

can

can do good, is alſo capable of doing harm; for, to anſwer any purpoſe, it muſt produce a change and alteration in the body; if it be properly applied, the change will be favourable; if improperly, the reverſe. Medicines therefore are weapons that ſhould not be wantonly or incautiouſly ſported with. It is alſo well known, that medicines, when the moſt judiciouſly applied, loſe their effect by too long and frequent repetition; which ſhould be a caution againſt the too common uſe of ſuch as are even found to be the moſt efficacious.

RECEIPTS and books of *medicine* therefore become dangerous inſtruments in the hands of thoſe who have not made medicine a regular, diſtinct ſtudy, from the riſque and danger of miſapplication. This obſervation is moſt particularly applicable to books which are purpoſely deſigned for the faculty alone: for let a man's underſtanding be ever ſo exalted, in other reſpects, he cannot read them with any advantage to himſelf or his friends, as he will be ſubject to form erroneous concluſions from, what to him may appear, the moſt ſimple and familiar poſitions; and he will be as liable to be deceived by ſpecious argument, as another man greatly his inferior in general underſtanding.

THE books that are intended for domeſtic or family uſe, are not always ſo unexceptionable as might be wiſhed, being commonly too diffuſe,

and

and not ſufficiently explicit: whereby they become liable to the ſame exceptions with thoſe juſt mentioned. The accounts of diſeaſes, and the remedies to be applied, when addreſſed to the public, ought to be conciſe, diſtinct, and plain; and the greateſt care and attention ſhould be paid, not to enter, or proceed upon, any ſubject, beyond what the capacity of a perſon entirely unacquainted with medicine can readily and juſtly comprehend, and which he can ſcarcely miſconceive. For which reaſon, thoſe ſubjects, or diſeaſes, which are in their nature difficult, or intricate, and are liable to great and frequent varieties and changes in their different ſtages and appearances, ſhould be either totally omitted, or very ſparingly and cautiouſly touched upon; otherwiſe, from perhaps a ſlight miſtake in the nature of the complaint, and the conſequent miſapplication of remedies, independent of the conſequences of delay, the diſeaſe may be increaſed and aggravated, or another may be produced which would not have happened or exiſted had nature been ſuffered to take her own courſe, or been timely or properly aſſiſted by a judicious practitioner.

Fevers, and feveriſh complaints, are among the number of thoſe which are difficult to diſtinguiſh and fix to ſtated rules, periods, and forms; as a ſingle caſe of fever may aſſume, and run through, all the different changes and varieties of fevers;

fevers; or, may put on all, or moſt, of the appearances of different fevers at the ſame time, ſo as to make it difficult to determine which is moſt predominant; and this is not ſo unuſual as may be ſuppoſed. The difficulty therefore of applying general rules to practice in fevers, will be obviouſly apparent. Many more diſeaſes are liable to the ſame ſtrictures with the foregoing; but an enumeration and deſcription of them all would too far extend the preſent deſign: ſuffice it therefore farther to obſerve upon this ſubject; that nervous and hypochondriac affections, as being diſeaſes in which the mind bears a principal ſhare, and is materially affected, are, of all other ſubjects, the moſt exceptionable, and unfit for the inſpection of thoſe who unfortunately happen to labour under them.—There is, attending theſe complaints, a degree of reſtleſs inquiſitiveneſs and anxious ſolicitude, perpetually prompting thoſe who are afflicted with them to a ſearch after every means which, they ſuppoſe, may direct them to an explanation of their complaints. And although this is a gratification which they purſue and embrace with great eagerneſs and avidity; yet it generally proves deluſive: and they are moſt commonly ſeduced and led by it into ſuch intricate and inexplicable labyrinths of imaginary evils and conceits, as ſerve to perplex and bewilder them, and to add to, confirm, and ſtrengthen the diſeaſe,

rather

rather than remove, or even palliate any ſymptom of it: and which is not to be wondered at, when it is conſidered, that the mind, in this ſituation, is ſo agitated, diſcompoſed, or diſordered, as to be rendered unfit and unable to decide with that calmneſs, clearneſs, and candour, ſo neceſſary to its comfort and relief. The mind when undiſturbed and in a ſtate of health and perfect compoſure, is liable to be impoſed upon by many things which are ſuffered to make a ſtrong impreſſion upon It, where It encourages, rather than checks or avoids the firſt impulſe of impreſſion; and which It is ſubject to do, often out of curioſity, depending upon Its own ſtrength and exertion to reſcue It from any unfavourable impreſſions; yet, in many caſes, this is not very readily effected; and eſpecially in the inſtances before us; wherein an appeal may be made to the feelings of thoſe who have attentively peruſed medical authors, if they have not fancied themſelves to have many of the ſymptoms and complaints which they read about, and that to ſuch a degree, as, ſometimes, to give them ſome uneaſineſs; and yet at the ſame time they are in perfect health, and find themſelves ſo, when they have been able to baniſh thoſe alarming ideas, which the imagination, influenced and directed by fear alone, had dictated; but which, ſometimes, is not eaſily accompliſhed; as, nothing makes a more forcible and laſting impreſſion upon the

the human mind, than the dread of bodily pain and diſeaſe, with their attendant conſequences. If, therefore, diſagreeable impreſſions are produced by ſuch means, in a ſtate of health; it will be no difficult matter to conceive how much they muſt be increaſed and aggravated in a ſickly ſtate, when the ſpirits are moſt commonly materially affected, and, of courſe become more ſuſceptible of, and readily depreſſed by, unfavourable impreſſions.

The ſubjects which compoſe the following *Eſſay* may be ranked with thoſe that are moſt properly ſuited to domeſtic practice; as the diſeaſes and affections to which *Young Children* and *Lying-in Women* are *naturally* liable, are more regular, uniform, and leſs variable in their appearances and events, than thoſe at other periods, and upon other occaſions: and this is readily accounted for, by conſidering; that in the infant ſtate, the refinements and luxuries of life can ſeldom operate upon the conſtitution, to ſuch a degree, as to produce a diverſity of complicated, or unnatural or artificial complaints as they may juſtly be termed; conſequently the diſeaſes, and the neceſſary treatment of them, will, and are always found to be, more regular, uniform, and ſimple or plain in infancy, than at any other period of life.

With reſpect to *Pregnancy* and *Lying-in;* they are to be conſidered as the moſt regular and familiar proceſſes and efforts of nature, rather than

as complicated diſeaſes; and, of courſe, the rules to be obſerved in conducting them, will, or ought to be, almoſt invariably the ſame, in a natural or healthy ſtate; and when, from any cauſe, this regularity is broken in upon, or interrupted; ſo powerfully, uniformly, and ſpeedily do the laws of nature operate and aſſiſt in recovering their wonted ſtandard and equilibrium, that the means for obtaining it are nearly ſimilar and reducible, upon all occaſions, to a regular and ſyſtematic form and order; as will appear in the ſequel.

It is ſcarcely neceſſary to obſerve, that thoſe bad effects upon the mind which, as has been obſerved, are produced by the reading or ſtudy of medical authors, cannot, with children, take place in *any* degree: and, from the plan or method which is here adopted, it is hoped it will be in the *ſlighteſt* degree, or *not ſo at all*, in the parts which follow.

The ſubjects upon which we are about to enter have had a leſs ſhare of attention beſtowed upon them by the Faculty, and have not been ſo minutely inveſtigated as moſt other medical ſubjects; nor have the diſcoveries, made therein, been improved upon and ſo generally applied to practice.

In inquiring into the occaſion of this omiſſion, it will appear, that they have always been conſidered as ſituations that neceſſarily fall within the ſphere of domeſtic control and ſuperintendency:

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and cuſtom, that grand arbiter from whoſe deciſion an appeal is ſeldom ſolicited—ſeldomer obtained—continues to enforce the opinion, and to preclude all other aids, except upon urgent occaſions. The nurſing of infants, and lying-in women, no doubt comes within this limitation, ſo far as concerns the *executive* part; but it does not follow from thence, that the *direction* of it is to be conſidered in the ſame light.

It is an opinion, very generally adopted, that the care and direction of women and children upon theſe occaſions is moſt properly ſubmitted to the management of nurſes; who from their conſtant practice and experience are ſuppoſed ſufficiently qualified to direct it; and that it is a province in which they ought not to be controled. Theſe arguments, which have originated in ignorance and ſuperſtition, are ſupported upon no other or better ground than prejudice; as daily experience proves their fallacy. I have no doubt in declaring that numerous diſadvantages, and even miſchiefs, attend a compliance with the cuſtoms and ordinary forms of proceeding upon theſe occaſions; and am well ſatisfied of the many and conſiderable benefits that will be obtained by an alteration and reviſal of the practice, in a great many inſtances.

The *Medical Faculty* have for ſome time paſt been convinced of the neceſſity of a reform; and

a few of the moſt groſs and injurious cuſtoms and prejudices, particularly in the treatment of lying-in women, have been removed by their endeavours, as well privately in practice, as by publications: but, as prejudices, of ſo remote origin and long eſtabliſhment, give way very ſlowly, and with but a few individuals, to private admonition; and as the public, from the ſtyle in which the faculty addreſs each other, unintelligible to all but themſelves, cannot be inſtructed by ſuch publications; improvement has ſucceeded by ſlow and partial advances; and unleſs ſome methods, different from what have been attempted are hit upon, may continue in the ſame lingering and imperfect ſtate.

THESE conſiderations have induced me to adopt this mode, as beſt calculated for conveying every neceſſary information upon the preſent ſubjects. I am well aware how arduous the taſk is, and of the many difficulties that are to be encountered, in oppoſing long eſtabliſhed cuſtoms, and in combating common prejudices; yet theſe obſtacles, however formidable, are not powerful enough to deter me from a purſuit ſo extremely eſſential to the welfare, happineſs, and general intereſts of ſociety: relying upon the prevalence which a knowledge deduced and delivered from facts and experience will, with the ſenſible and intelligent part of mankind, obtain over that which is founded

upon

upon and ſupported by general uſage, cuſtom, or opinion, of whatever authority, date, or origin they may be*.

THESE ſubjects are by many conſidered as trifling, and not ſufficiently important for the attention of any but old women and nurſes; and, by others, as incapable of farther improvement; conſequently, unworthy of ſerious inveſtigation. But theſe are the arguments of uninformed and ſuperficial obſervers only; for, upon a judicious examination, they will be found to be fair, open, and ſuitable fields of inquiry; of much importance; that have

* TIME and experience have, ſince I made theſe obſervations, informed me, that in this enlightened age and country, prejudice and error need only, on this occaſion, be fairly expoſed, to be reformed; and I have the ſatisfaction *now* to obſerve, that many of the groſs errors and prejudices here alluded to and hereafter pointed out, have had a very deſirable correction; and that, not only in this populous town, but in many other, and ſome the moſt diſtant, parts of the kingdom, as I have had the pleaſure of being informed by many very reſpectable communications: and which has happened not only from the attention which the *Sex* has been pleaſed to beſtow, but to the interference of Men of ſenſe, Fathers of Families; who, alive to the feelings and welfare of what is moſt near and dear on earth—their conjugal attachments—have ventured beyond the limits formerly preſcribed our ſex on theſe occaſions, to aſſert and defend the convictions of reaſon and truth againſt every force and aſſailment of prejudice and error.

Can any thing be incompatible with the true dignity and character of a man, that is moſt eſſential to his real happineſs?

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lain ſomewhat neglected; and which will admit of a much higher degree of cultivation.

It is generally ſuppoſed, that children have many complaints that cannot be diſcovered, or, if they are, that they cannot be relieved.—The admiſſion of this opinion (which is very erroneous and ill-founded) is the cauſe of the daily loſs of numbers, who, by it, are conſigned to oblivion, without an effort for their reſcue. No doubt, the life of an infant is very precarious, and is liable to be cut ſhort by a *trifle:* does it not therefore become highly neceſſary, if we wiſh to preſerve it, to attend to *trifles?* and if we can by ſuch attention be enabled but now and then to ſave a life, that muſt otherwiſe be reſigned to inevitable deſtruction, or, at beſt, to chance, it is certainly worth the exertion of every endeavour in the attempt. There are alſo many ſituations that call for aſſiſtance where the life is not in immediate danger; for we are too commonly preſented with caſes of deformity and ſickly conſtitutions at advanced periods of life, the foundations of which have been laid in infancy by the neglect or miſmanagement of nurſes, or others to whoſe care infants are committed; or even by the miſtaken zeal and indulgences of fond parents, whoſe attentions and aſſiduities will ſometimes produce the very evils they were intended to prevent, and that, for want of being properly directed and informed. There is

not

not a doubt that conſtitutions, if not altogether formed, are yet materially modelled, in infancy; and that our future health depends very much upon the manner in which our infancy is conducted. This obſervation alſo holds good throughout the animal creation.

The *mother*'s life, during her lying-in, is often in danger, and ſometimes actually loſt, by her being compelled to ſubmit to and go through the many rules and ceremonies that are thought indiſpenſable upon ſuch an occaſion, many of which are not leſs diſagreeable than injurious, and by which the conſtitution is *always* weakened and impaired, *oftentimes* very materially.—Whoever ſaw his hopes and promiſed bleſſing defeated in the puny, ſickly conſtitution, or the entire loſs, of his child; and was told that *it is common to children*, that *little or nothing can be done for them*, and that therefore *it muſt be ſubmitted to?*—Whoever beholds the health, bloom, and vivacity of the ſharer and ſupporter of his happineſs decline in a ſituation from which every comfort and ſatisfaction may be expected to ariſe; and is told that every thing *has* been done, and *muſt* be done, conformable to *cuſtom* upon ſuch an occaſion?—Who, in either or both of theſe ſituations, would not wiſh any opinion and ceremony, how ſtrongly ſoever ſanctioned by *cuſtom*, diſpenſed with to avoid conſequences ſo diſtreſſing; and readily

ſubſcribe

ſubſcribe to the introduction of others that, from *reaſon* and *experience*, *promiſe*, and, in many caſes, *enſure*, better ſucceſs? When we reflect that, in places where regiſters are kept of births and burials, one-third of the human race are found to die under two years old, can we avoid ſuſpecting ſome part of that great proportion to ſuffer from miſmanagement?

THE taſk I have undertaken is to expoſe a number of the moſt groſs abſurdities that commonly prevail in the management and nurſing of lying-in women and children, and to point out ſuch methods, rules, and directions as have by experience been found more ſalutary, advantageous, and, at the ſame time, more deſirable, eaſy and pleaſing. Truth here impels me to declare a cauſe which regularly preſents itſelf as an obſtacle to improvement; and that is, the entire direction which *nurſes* aſſume in whatever concerns the management of lying-in women and children: for they are ſo jealous and tenacious of what they ſuppoſe their authority upon theſe occaſions, as ſeldom to ſuffer themſelves to be directed or adviſed; any advice, therefore given them, they conſider as a reflection upon their judgment, and, in vindication of which, they as commonly reject it. By ſuch conduct, the avenues to improvement are nearly ſhut; and the ſame formal, baneful rules and cuſtoms are ſtrictly and invariably handed down to ſucceſſive generations.

IT

It is not without reluctance that I reflect upon ſo uſeful a body as the nurſes; but the certainty and magnitude of the evil muſt be my apology. If, in attempts to detect and reform common errors and abuſes they are in part overlooked, concealed, or palliated; any good purpoſes, that may be intended by promulgation, muſt be conſiderably leſſened; frequently altogether defeated. So if, in theſe and the ſtrictures which hereafter follow, the cenſures ſeem rather ſtrict, I hope it will be imputed to no other motive than, the real one, a deſire and my duty as a faithful hiſtorian, to draw an exact repreſentation of objects as they appear, without embelliſhment, or extenuation. To avoid the appearance of ſingularity, and to juſtify the propriety of the method and remark, I need no other precedent than the reſpectable authority of Mr. White †; who, in ſpeaking of the errors in the management and nurſing of lying-in women, in large towns, London eſpecially, being ſomewhat "ſtrange," conſidering there is the beſt advice and aſſiſtance to be had, ſays: "But our "wonder will ceaſe when we reflect that not only "the general cauſes in large populous towns will "operate, but likewiſe that the articles of air, "diet, dreſs, &c. are left to the management of "nurſes in that city," (London) "who claim it

† Of Mancheſter.

"as a kind of prerogative, and it is next to facri-"lege to encroach upon their privileges. Whe-"ther this circumftance has been confidered in "that important light it deferves, or whether the "fuccefs of a reformation has been defpaired of, "I will not pretend to determine. The nurfes "in London are a numerous and powerful body, "and an attempt to reform their ancient cuftoms "might be looked upon as an open attack upon "them, a violation of their rights, and an actual "declaration of war. A young man juft coming "into bufinefs might juftly think it too daring "an attempt to encounter them; he would in all "probability be unequal to the tafk, and his "future progrefs would be ftopt, by making fuch "powerful enemies. The man in full and efta-"blifhed bufinefs could not perhaps fpare fo "much time as would be neceffary, for it would "require a very frequent and conftant attendance "upon his patients to fee that the nurfes did "their duty; and by fuch an attempt he might "lofe much, and gain little, except trouble and "oppofition." *A Treatife on the Management of Pregnant and Lying-in Women*, p. 157.

MR. WHITE has there exactly and truly ftated the cafe: and although, as he obferves, thefe errors prevail moft in London, yet other large towns, and even villages, are far from being exempt from them. His fubject (addreffed to the Faculty) con-

fines

fines him entirely to *Pregnant and Lying-in Women*, therefore he has not an opportunity of noticing the fatal consequences of improper treatment in the *Nursing of Children*, which in some measure proceeds from the same cause. His arguments tend to prove the difficulty of a reformation by the methods hitherto practised, and appear to confirm the eligibility of this.

THE *First Part*, which relates to the *Nursing and Diseases of Children in the Infant State*, is designed for the perusal and attention of those who nurse or superintend the nursing of children; being disposed in a method and style suited to general comprehension, and divested of technical obscure terms, as much as possible; such as inevitably occur are explained; whereby they may not be at a loss, or afraid to judge, or even act, upon many occasions, where proper medical advice either cannot be obtained, or may not be thought necessary, with a degree of freedom and safety under most difficulties that may occur; and be directed to shun and avoid the errors and mistakes which must often attend a want of experience and knowledge in themselves, or too close a compliance with, or implicit confidence in others; by whom, through a blind mistaken zeal and attachment to common forms and vulgar prejudices, they may be deceived and misled.

It has been generally ſuppoſed (as already obſerved) that children do not ſtand in need of medicine or medical advice. No doubt, children at this period do not require a *large quantity*, or *great variety*, of medicines in the diſeaſes to which they are liable; yet, that by no means implies that medicine is to be *entirely* rejected; and that, *properly* adminiſtered, it may not have its uſes; which it certainly has: however, many other circumſtances relating to infants require a nice and exact attention and judicious regulation; as, the DIET, CLOATHING, AIR, EXERCISE, &c. &c. all which are immediately eſſential to their health; and without which it cannot be preſerved or acquired, or reſtored when loſt or impaired.

THE *Second Part*, which relates to *Pregnant and Lying-in Women*, is, in ſome meaſure, neceſſarily connected with the former; and the intention of it is conducted upon the ſame domeſtic principle. But although, from the nature and delicacy of the ſubject, it will not admit of ſo ample and extenſive a diſcuſſion as the other; yet, it is hoped, ſome rules and obſervations are there inſerted which may be attended to with propriety and advantage.

As a performance of this kind muſt be very unpleaſing, and even diſguſting, without a proper regard to *delicacy* in the execution of it; ſo the ſtricteſt attention has been paid to it through the whole

whole of *this*, that a mind ſuſceptible of the moſt delicate ſentiments, cannot, it is hoped, be offended.

WITH a reliance upon the propriety of the method, and a confidence in the general utility of the ſubject, they are ſubmitted to the public.—No ſubject can be more intereſting to mankind, than that wherein the health of the moſt amiable part of the creation, and that of their lovely offſpring, is eſpecially concerned: they being the ſources from whence we derive the moſt exalted and refined pleaſure; and unitedly form one of the greateſt comforts and bleſſings in the very limited catalogue of human enjoyments;—namely;—DOMESTIC HAPPINESS.

LIVERPOOL.

TO

TO

THE MEDICAL READER.

PRIOR to any intention of publiſhing upon the following ſubjects, I had drawn up a *few* directions for a ſelect part, which (when completed) I propoſed diſtributing in manuſcript to my own patients, for their information: but upon reflecting that the ſcale would be very confined, and attended with much trouble in the execution, I declined it, and adopted this mode; the propriety of which I ſubmit to the candour of the FACULTY, of thoſe eſpecially under whoſe department the neceſſary attendances upon theſe occaſions more particularly fall; and who muſt be too fully ſenſible, from experience, that however familiar, and notwithſtanding the improvements that have been made upon, the ſubjects here treated

treated of, they have ſtill too much of the ruſt and leaven of ſuperſtition, and the prejudices of cuſtom, about them, to be removed effectually, in ſo great a variety of inſtances, by mere *verbal* directions, occaſionally given, and which are frequently forgot, wilfully neglected, or deſpiſed and over-ruled by nurſes and various officious adviſers. This leads me to diſcloſe an intention I have in this publication; which is: that, from the cauſes here aſſigned; and from the cloſe attention neceſſary in ſo great a variety of occurring inſtances; often too numerous, from other profeſſional engagements, to be properly and ſtrictly attended to by the faculty; it may, in its domeſtic application, upon many occaſions, become a ſeaſonable relief to themſelves: and if I can be favoured with their countenance and concurrence in the direction of it in that line, I am ſenſible its uſe will, by their judicious interpoſition, be eſſentially promoted and extended.

As, in dry nurſing, an error in the diet becomes the ſource of much miſchief, an attention to it is an object of great importance. I have therefore been very particular upon that ſubject, eſpecially as it is a matter that has not hitherto been conſidered with that attention it appears to deſerve; and having great reaſon to ſuppoſe the regulations and method I have offered as ſuch are not commonly known or practiſed, and, particularly, ſuch

as have not been publiſhed. In applying theſe regulations to practice, I have had ſufficient experience to confirm me in the certainty of their being much preferable to the methods in common uſe; which, with their novelty, will, I truſt, juſtify the manner in which I have introduced and offered them. I hope I ſhall ſtand acquitted of prolixity throughout the whole, as it is what I have endeavoured to avoid. The expediency of full deſcriptions and explanations, upon this plan, is too obvious to need an apology.

ON

ON THE

MANAGEMENT, &c.

OF

NEW-BORN CHILDREN.

VARIOUS, as the climates which they inhabit, are the cuſtoms of the ſeveral inhabitants, in the ceremonies, dreſs, and management of their young children; ſome of which are conſiſtent with, and properly adapted to, the reſpective climates and other natural and occaſional contingences; and others depend altogether upon the cuſtoms and manner of the inhabitants, many of which are as inconſiſtent and prepoſterous in their manner as they are obſcure in their date and origin. Superſtition and error being the offspring of ignorance, they are commonly found attached and proportioned to each other, and muſt prevail in the uncivilized and unenlightened

countries of the world, whoſe inhabitants are entirely, or chiefly, governed and directed by cuſtom and prejudice; their own uncultivated reaſon being a ſource from whence they can procure very little aſſiſtance, and which they ſeldom have recourſe to.—As the manners and ſentiments of mankind become enlarged and refined by unlimited intercourſe, and an emulous exertion in the purſuit of knowledge, the deluſive ſhadows of ignorance diſappear, and are ſupplanted by a knowledge erected upon the more immutable and permanent baſis of rational conſiſtence, and palpable conviction: hence we find, that fewer of the groſs abſurdities of the leſs civilized countries prevail in this: yet, as knowledge, of every kind, muſt be acquired, and is not a natural gift, (whatever the capacity for obtaining it may be) we muſt expect, now and then, to meet with thoſe, even in this enlightened age and country, who, from a want of opportunity of being properly informed, have been early attached, and continue prejudiced, to particular forms and ways of reaſoning, the abſurdity of which they cannot readily diveſt themſelves of.

A CHILD, upon his entrance into the world, undergoes a great many changes; and thoſe ſo ſudden and material, that it ſeems a matter of ſome ſurpriſe greater numbers do not periſh at

that

that period. The changes, which may be confidered of the moft importance, are thofe which are produced by, and proceed from, the action of the *Air*; as it affects the lungs, in breathing; and the furface of the body, by its coldnefs. No human being could, at any other period, undergo fo fudden and extraordinary a change, and degree of heat and cold, without the moft immediate and fatal confequences. The breathing is an operation entirely new, and is, for the moft part, performed inftantaneoufly; as the lungs, which are the immediate organs, and deftined folely to the purpofe, of refpiration or breathing, are inactive and ufelefs before birth. This operation of breathing is commonly at firft fo laborious and difficult, and effected in fo fhort a fpace of time, that a child at this time undergoes a great deal of pain and fatigue, as is difcovered by his fretfulnefs and uneafinefs, and the laborious heavings and pantings of the breaft: for the lungs, not being before accuftomed to their office, are fome time before they become reconciled to the effect of the cold air upon them, and are properly diftended and fitted for it*.

THESE

* *To the Medical Reader.*—PHYSIOLOGISTS have differed in their manner of accounting for the beginning of refpiration in animals. Dr, Whytt in his Effay on the vital, &c. Motions of Animals, p. 228, 2d edit. enumerates the feveral opinions.

THESE considerations are here premised, with a view of pointing out the propriety and necessity of

He observes; that Dr. Pitcairn supposes it to happen by the pressure of the air, which is forced into the lungs as into a vacuum. *Dissert. de caus. qua sang. fluit. per pulmon. Sect.* xiv. *p.* 53. This, however, he observes, is not the case in dead-born *fœtuses*; and it is less likely that it can possibly happen with those that are born alive.—That, "the great *Boerhaave*, "after *Thruston* and *Borelli*, ascribes it to the *fœtus* moving "all its muscles violently in the time of birth, and, among "the rest, the intercostals and diaphragm. *Instit. Med.* § 691." —And *M. de Haller*, from the endeavours of the *fœtus* to cry, on account of its uneasy situation at this period. *Not.* a *in Boerhaave's Inst. Med.* § 691.

THESE two last suppositions are however, as Dr. Whytt observes, as unsatisfactory as the former: and from the following circumstance, which I was witness to, their plausibility seems lessened. In a case of the Cæsarean section, at the Infirmary, Edinburgh, March 1767; where the maternal efforts, that from the beginning had been slight, and were still lessened for many hours at the last; I observed the fœtus to cry very strongly almost immediately upon its exposure to the air. Crying is to be considered as an *effect*, occasioned, as Dr. Whytt observes, p. 243, by "an irregular kind of breath-"ing, owing to some painful sensation:" perhaps that excited by the action of the cold air upon the glottis, larynx, and bronchia: and not as the cause of respiration.—What M. de *Haller* farther mentions, in his *Element. Physiol. Tom.* III. p. 318, of a fœtus being enabled to breathe at its birth, by swallowing the *liquor amnii* during gestation, is equally futile with the above; as the Doctor observes, p. 245, that deglution and respiration have no connection.

DR.

of doing all in our power to aſſiſt and enable the child to encounter theſe difficulties. The means are

Dr. Whytt attributes the beginning of reſpiration to, what he terms, an *appetite* for breathing; depending upon a ſenſation, deſire, or call in the lungs for air, as in the ſtomach for food, which is adapted to *gratify* that *appetite.*— But, if that was the *only* exciting cauſe, it is probable that that appetite would frequently occaſion efforts to breathe before birth, which muſt as conſtantly and certainly be attended with immediate ſuffocation: for we cannot ſuppoſe, with our learned and ingenious author, p. 237, that "the water ſurrounding the fœtus would certainly hinder its making any "efforts to inſpire, *though it were ſuppoſed ever ſo deſirous "of doing it,*" any more than we can imagine an animal that had already breathed would be prevented making a like effort when immerſed in water. As many perfect pieces of machinery, when completed, cannot of themſelves go into motion, but require to have it given to them; ſo the machine of reſpiration may at firſt ſtand in need of the ſame aſſiſtance: and, it is extremely probable, that, air, is the agent, employed upon this occaſion; which, by its ſtimulus, *or as food ſuited to gratify the appetite of reſpiration,* is diſpoſed and adapted to excite the action of the *glottis;* and the glottis, by its immediate and palpable conſent with the lungs, diaphragm and intercoſtal muſcles, theſe latter; whereby the motion and exerciſe of the whole takes place. Therefore, admitting, with our author, that there is before birth an appetite or diſpoſition, "owing to particular ſenſations in the body," to breathe; yet, that appetite muſt be conſidered as paſſive, depending upon the action of the air to excite it. For as the air is ſo eſſential to reſpiration, it may be ſuppoſed the moſt likely to direct and govern it from the beginning; and that its beginning is not ſubmitted to any other exciting cauſe; as any other muſt be uncertain and precarious.

are ſimple and obvious, and ſuch as are generally practiſed, in part.

A PIECE of new flannel, commonly known by the name of a *Receiver* *, is very properly made

DR. WHYTT obſerves, p. 237, that "air being applied after birth to the *face*, *mouth* and *noſtrils* of the animal, may "put it upon eſſaying a new action"—and that—"*perhaps* "the *appetite* of breathing may be increaſed in a *fœtus* by the "preſence of a fluid fitly anſwering its demands:" But does not hint at the action of the air upon the glottis; and, throughout, ſeems rather to reſt the whole upon the appetite or ſentient principle, prompted and increaſed by the determination of blood to the lungs near and at the birth, than any other cauſe: although he obſerves, p. 199 of the ſame work, that a ſtimulus to the glottis is ſufficient to put the whole machine of reſpiration in motion; as is to be diſcovered when the leaſt particle or drop of any thing gets by accident into the glottis. There appears to be ſome analogy, in this reſpect, between the ſtate of the lungs and lacteals, before birth; and that Gaubius' figurative alluſion to "*Janitore ſenſu cuſtoditer*" (Inſtitut. Patholog. § 297) is as applicable in the former as in the latter inſtance: for, although we know that liquids are contained in the inteſtines before birth, yet it is very univerſally agreed that nothing is abſorbed by the lacteals at that time, owing no doubt to ſuch matters not being "*food* ſuited to gratify the appetite" or excite the action of thoſe abſorbent veſſels, which remain paſſive and inactive until excited by the ſtimulus of *proper* food.

* THIS *Receiver* is commonly a ſingle fold of flannel, lined or unlined with linen cloth. In cold ſeaſons particularly, this does not prove a ſufficient ſecurity againſt cold; and a common blanket, well aired and four fold ſhould be uſed over the *Receiver*: it alſo makes that receptacle more comfortable and eaſy to the tender infant.

uſe

uſe of to wrap the child in before he is dreſſed; in which ſituation he ought to continue, very cloſely covered up, with the mouth and noſe ſcarcely expoſed, upon the knee of ſome attendant, within the air of the fire, (even in ſummer) in a room apart from the mother, if convenient, to prevent her being diſturbed or over-heated, for a quarter or half an hour; by which means the child will be, in part relieved from the firſt ſhock of the cold air upon his body, and become more gradually accuſtomed to the feel and effect of it, and will alſo have time given him to recover from the fatigues invariably attending his ſudden change of ſituation. Theſe conſiderations are ſeldom ſo ſtrictly attended to as they ſhould be, and particularly the laſt; as it is very uſual with nurſes to hurry on the children's cloaths as ſoon as poſſible, without allowing them the leaſt reſpite. No bad conſequence in the ſmalleſt degree can attend a little delay, if the child is kept well covered and warm; and his being ſettled and compoſed before he undergoes the hurry and fatigue of dreſſing, muſt be not only comfortable to him, but alſo highly proper and neceſſary.

A CHILD, from the ſudden effect and impreſſion of the cold air, is very liable to take cold at the time of his birth, from which he does not always readily recover, and which oftentimes is the cauſe of tedious, troubleſome, and dangerous complaints;

complaints; as a cough and ſtuffing at the breaſt, the gripes with looſeneſs, ſore eyes, a ſtoppage in the noſe which proves very teazing and troubleſome to him in ſucking, &c. it is therefore of great conſequence to take particular care, at this juncture, to avoid expoſing the child to the cold air before he be dreſſed.

So liable are children to take cold before they are dreſſed, and in dreſſing, that I believe 'tis ſcarce poſſible, by any art that can be uſed, to prevent it entirely, in the colder ſeaſons in this climate. This however has been a circumſtance little underſtood or attended to. But were parents, and others concerned, ſufficiently aware of its importance, they would cauſe more particular regard to be paid to it, eſpecially when they are informed that a child's future health, thriving, and even conſtitution may be affected by it; and that the many reſtleſs nights and tedious days, which ſo many children have after birth, from griping and other cauſes, may be occaſioned by that ſingle unthought of circumſtance*.

DURING

* *To the Medical Reader.*——As perſpiration may be ſuppoſed to take place in ſome degree before birth (from the unctuous matter which is found in greater or leſs quantities on the bodies of new-born children, and eſpecially in the ſituation of the larger glands, as the *groin*, *axillæ*, &c.) it is ſcarce poſſible that a ſudden change from 100 to 40 or 50 degrees of temperature, can avoid having a conſiderable effect upon

During this interval, (viz. the time betwixt the birth and dressing) it is very common to give the child something: the intention of which seems originally to have been with a design of clearing the mouth and throat from phlegm, which some children have at that time, and which is discovered by a rattling in the throat in taking the breath, and that even sometimes to such a degree as to appear alarming; although it is seldom or never in itself dangerous: for this purpose, butter

upon it, and that, frequently, a very considerable one, so as to occasion many of the diseases attendant on suddenly obstructed perspiration, particularly those very obvious complaints in new-born children, violent affections of the bowels and their consequences.

From many years observation, I have had reason to think that children, who have been born in the most cold and wet seasons, have generally done less well at the time, and have not thriven so well afterward, as children who were born in warmer and drier seasons; probably depending upon the action of cold on the surface, and its consequences. This may be a circumstance worth consideration.

The more gradually therefore the temperature is reduced the better. The most familiar method to accomplish which is, to exclude the air from the child as much as possible before separation from the placenta; to wrap it immediately afterward in a good many folds of flannel; to let it remain there near half an hour; to wash it in warm water; dress it as expeditiously as possible, in a very warm room with a fire; and put it into a warm bed, with the mother or nurse if convenient; and to stir or take it out as little as possible for the first week; and these in all seasons of the year.

and ſugar, mixed together, is commonly forced into his mouth, which being a very nauſeous mixture, generally occaſions a ſickneſs, by which the phlegm is brought up: but as ſickneſs at this time, will add to the fatigue, and may ſometimes hurry a weak child, it is adviſeable to avoid it: a little brown ſugar, diſſolved in water, and given gradually in a teaſpoon, will diſlodge and waſh down the phlegm; and as it does not occaſion ſickneſs, muſt be more pleaſant and palatable; as children, even ſo early, have the ſenſe of taſte more perfect than might be ſuppoſed by a compariſon with the other ſenſes, as the ſight, hearing, &c. and it ſeems a piece of wanton cruelty, in our firſt office to them, to give them ſo diſagreeable a ſalute, eſpecially when it may more properly be avoided. When, therefore, the breathing is *tolerably* free, it will be adviſeable not to give any thing; as what is ſo given can anſwer no purpoſe, nor have any uſe. But when the rattling in the throat is urgent, and the breathing difficult, a little of the ſugar and water may be given, which will generally clear the throat ſufficiently.

D R E S S.

NEW-BORN CHILDREN are always (or ought to be) waſhed before they are dreſſed; and which is almoſt univerſally done, in all ſeaſons, with

with *cold* water. It has been commonly ſaid, that if cold water is begun with, a child will never take cold afterward. The application of cold, however, in any ſhape, will, from what has juſt now been obſerved, be improper and certainly injurious, and is the principal occaſion of ſtuffing at the breaſt, obſtruction of the ſtomach, and the ſevere gripings, which new-born children ſo often experience.

It will therefore not only be an act of tenderneſs done the delicate, helpleſs, ſuffering infant, but alſo quite proper and neceſſary to have the water made warm (about the warmth of new milk) at firſt, increaſing its coldneſs by degrees; ſo that in the courſe of a week or fortnight, according to the ſeaſon of the year, it may be uſed quite cold, and continued ſo afterward; as the *advantages* of it will be as conſiderable then, as its *injury* is now*. The advocates for the waſhing with cold water at the birth, ſeem to have derived their practice from the cuſtoms of other countries, as South America, Africa, and other warm climates; where it is not unuſual to plunge both child and *mother* into cold water immediately after delivery. It may in thoſe countries be ſalutary; but that is by no means a reaſon why the practice ſhould apply here, or that it ſhould

* This will be farther noticed in treating of *Air, Exerciſe,* and *Waſhing.*

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be any guide to us: we had much better be directed by our own reaſon and experience*; which appears to be the wiſh of the preſent time, as I find the beſt of the lateſt writers, who have occaſion to name the ſubject, have concurred with me in the opinion of uſing *warm* water on this occaſion; although it is a practice not yet much adapted by nurſes; but whoſe prejudices will, it is to be hoped, ſubſide in time when they come to be better informed.

Every part of the body and limbs ought to be waſhed, and wiped dry and clean with a towel; and great care ſhould be taken not to leave any of the unctuous, ſlimy matter which is found ſticking commonly very cloſe on many parts of the body, particularly in the groins, in the arm-pits, behind the ears, in the folds of the neck and ſides, in the hams, and between the toes, as it is the ſole cauſe of the bliſters, ſores and troubleſome diſcharge which thoſe parts are ſo commonly attacked with a few days or a week after the birth, and which this complete *firſt* waſhing and cleaning only can prevent. This therefore becomes an object worthy attending to. I have ſeen chil-

* *To the Medical Reader.*——We certainly are governed, in many parts of our practice at home, too much by that of other countries, where climate, conſtitution and local circumſtances differ ſo much from our own, as to require conſiderable variations in our practice.

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dren who have not been at all washed, or imperfectly so, nearly covered with festering sores, from that cause, which have been very troublesome and distressing; for wherever any part of that matter is left sticking to the skin, a painful sore commonly succeeds there. An obvious advantage in the use of *warm* water, is, that it will undoubtedly wash off this slimy matter more readily and perfectly than *cold* water: and if a little oatmeal is put into the water, it will assist greatly.

In dressing a new-born child, and indeed ever afterwards, simplicity and ease should be consulted and observed as much as possible: great care ought to be taken that no part of the body or limbs be tight bound, or closely confined by rollers or any part of the dress; as tight rolling and confining the limbs, which was formerly practised, must be very injurious, and must greatly impede and prevent the growth, strength and activity of the infant. If it should be urged, by some, that the tender frame of an infant requires to be particularly supported by rollers and bandages; it may be answered; that however plausible, the argument may, upon a superficial inquiry, appear in favour of tight rolling; experience, the most sure guide, convinces us, that children thrive much better without it, and are much more likely to be free from deformity; as the body and limbs, when at liberty and unfettered,

fettered, are more likely to attain their natural ſhape and proportion, than by confining them to any particular poſition; it being well known that the bones of an infant are ſo pliant and flexible as to be capable of being molded into different ſhapes by rollers and bandages.

A FLANNEL roller, about four or ſix inches broad, is commonly rolled once or twice *moderately* tight, about the body, next the ſkin, upon the navel; and was originally and very properly deſigned to ſupport the navel, to prevent a rupture in it, to which it is ſubject at that tender age, from cauſes both natural and accidental. It is cuſtomary, in many parts of the kingdom, to roll a broad linen or crape roller *very tight* over this we have juſt now mentioned, a great many folds thick, all upon the body from the arm-pits to the hips, ſuppoſing the body to ſtand in need of ſuch ſupport; but which, however, as above obſerved, it does not, and therefore becomes not only unneceſſary, but hurtful. A broad flannel roller, over the ſhirt, looſely folding the body once or twice, is uſed by ſome nurſes, and is very proper, as it keeps the child more regularly warm than any other form of dreſs could do, and anſwers every purpoſe of ſupport very effectually, beſides being eaſy and comfortable; but care ſhould be taken, always to let it be put on looſe enough. Thoſe who are accuſtomed

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to children, will readily know when they are too tightly rolled, or confined in their dreſs; as they diſcover a particular kind of uneaſineſs, with a motion of their arms and body, ſeeming to ſtruggle as if they wanted to diſengage themſelves from ſome incumbrance or oppreſſion, attended with a continued reſtleſſneſs and fretting. I have ſeen children in great pain and diſtreſs from this cauſe, as they were inſtantly relieved and perfectly at eaſe upon removing or looſening the dreſs. This caution in dreſſing is well worth attending to, as any part of the dreſs, if put on very tight, will prove very painful and diſtreſſing to the child, and is what often happens through thoughtleſſneſs and want of care in ſervants who have the management of children, and who are very ſubject to commit this error, if they be not now and then looked after.

It does not appear neceſſary, in this place, to enter into a minute detail of the materials and compoſition of the dreſs of infants; they are much of the ſame quality throughout the kingdom, among all ranks and degrees of people. It may be ſufficient to obſerve in general, that they ſhould be light and warm; and that they ought to be dry and clean; for which purpoſe it will be neceſſary to renew and change them very frequently.——*Flannel*, very commonly, and properly, compoſes thoſe parts of the dreſs which

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are next to the ſkin; the ſhirt excepted; and which it is better calculated to do than any thing else. New flannel is generally, and very juſtly, preferred, as being warmer and ſofter than that which has been ſometime worn. It is eaſier, and leſs liable to give cold when wet by the child, than any thing elſe: and the gentle ſtimulus which it affords upon the ſkin, promotes circulation and perſpiration there, which at that time are but imperfect.

THE number of PINS uſed in the dreſs of a child is ſometimes very great; but when *tapes* or *ſtrings* can be ſubſtituted for them, they are much preferable. The *foundling dreſſes*, ſo called from being firſt invented at the *foundling* hoſpital, for the ſake, no doubt, of convenience and diſpatch, are come much into uſe. They draw and tye with ſtrings, and are otherwiſe ſo contrived, that very few pins become needful in putting them on. The advantages which attend a dreſs ſo contrived and put on, are conſiderable enough to recommend it. In the firſt place, the riſque of pricking and wounding the tender bodies of children is avoided, which will now and then happen, notwithſtanding the utmoſt care and caution, where a great many pins are uſed: and ſecondly, the dreſs fits much eaſier and pleaſanter, and is put on with more diſpatch and leſs fatigue to the child.—The FOUNDLING CAP is ſimple; and,

and, when put on, has a neatneſs in it which ſurpaſſes all the ſtudied and expenſive finery that has ever yet been deviſed for that purpoſe; and which perhaps may be accounted for in conformity with the opinion a great many have, that a young child looks the beſt in its night-cap, which this reſembles.

QUICKNESS and DISPATCH in dreſſing are proper to be obſerved, eſpecially at the firſt, to avoid fatigue, but more particularly cold, and its troubleſome and even dangerous conſequences.

WARMTH and REST are invariably requiſite, cannot be too ſtrictly enjoined, and ought to be inſeparably connected during the month, or, more particularly, the firſt fortnight; during which period children ſhould be indulged in them to the utmoſt, and ſhould ſeldom or never be moved or diſturbed, except to be fed, dreſſed, or cleaned.

THE moſt convincing and ſatisfactory arguments in favour of uninterrupted and conſtant warmth and quiet are deducible, and may be gathered from the two following general obſervations which are to be made upon children:

1. A CHILD, who thrives well, is naturally diſpoſed to *reſt* and *ſleep*, and is fond of *warmth*; as appears by

2. A CHILD, who is much diſturbed, or expoſed to the *cold air*, being more fretful and uneaſy than when kept *ſtill* and *warm*.

Thus nature dictates! and we need not a more ſure and unerring guide to direct us, in this inſtance: for if nature or inſtinct, can, or will dictate, direct, or interfere at any period of our exiſtence, it may reaſonably be ſuppoſed to do it at that time when we are the leaſt capable of directing or aſſiſting ourſelves.

Children never ſeem ſo eaſy, nor ſleep ſo ſound, as when they are cloſe covered up in bed: and it would be no eaſy matter to ſuffocate a new-born child, although you wrap him up ever ſo cloſe in the bed-cloaths, ſo as apparently to exclude the external air from him, provided no violence is done by preſſure upon his mouth and noſe, or any other part of the body: ſo natural and deſirable is warmth to an infant at this period.

Warmth ſhould be as regularly and conſtantly ſupported as may be; 1ſt, by a moderate warmth of the room; out of which a child ſhould be carried as ſeldom as poſſible, eſpecially to any diſtant part of the houſe. 2dly, by warm clothing; which, as before obſerved, ſhould be light and ſit eaſy, and changed or removed as often as it is wet or foul. It is ſcarcely neceſſary to obſerve, that a child ought to be always changed or dreſſed near the fire, even in ſummer; and for this purpoſe, a room immediately adjoining the mother, to prevent her being over-heated or diſturbed, will be moſt adviſable, when it is convenient to

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have it ſo*. And 3dly, during the time of reſt and ſleeping.—Various kinds and forms of beds have been adopted for children to ſleep in; but none of them ſeem better, or ſo well calculated as a common bed; upon which they may be laid, between the blankets in the day, where they will lie eaſy, and will be comfortably warm; and at night, in bed with the mother or nurſe. It is not unuſual to place a child in a baſket before the fire in the day time; which is not a good practice, as the child is liable to be either ſtarved or overheated in this ſituation; whereas a bed affords a regularity of warmth and a juſt temperature that prove moſt genial and favourable at this time.

Cribs, and other contrivances for children to ſleep in in the night, ſeem by no means adapted to this climate, at *this early* age; and cannot, in cold weather or winter, be ſo comfortable and naturally and regularly warm as a common bed: they ſeem more calculated for the eaſe and convenience of the nurſe, than the comfort and benefit of the child; and very young children will ſeldom reſt ſo eaſy and well in them as in bed with the nurſe; as, at that helpleſs age, they will frequently make ſurpriſing efforts and attempts, when in bed with the nurſe, to get near her; and are ſeldom ſo eaſy and contented as when they are ſo

* When a child is nurſed from home, he ought to be confined entirely to one room for a week, fortnight, &c. according to the ſeaſon of the year and ſtate of the weather.

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ſituated: a proof that warmth is agreeable to them; and, as it can be no other than an inſtinctive requiſite, ought to be indulged*.

* *To the Medical Reader.*—Some medical writers have given a caution againſt much warmth, eſpecially that of the mother's bed, at this period, on account of a feveriſh diſpoſition which they ſuppoſe new-born infants are naturally and regularly ſubject to, and which this will increaſe. Theſe ſymptoms of fever have not, however, been pointed out; and I confeſs myſelf unable to diſcover any regular indications of the kind. The *pulſe* can be no guide; being always very quick with a new-born child, decreaſing in quantity from that period. There is no heat or dryneſs of the mouth, or ſign of thirſt. Should the ſkin ſeem warmer than that of a child of two or three months, it may be juſtly attributed to the temperature he has juſt been removed from *in utero*, and which cannot be reduced to correſpond with, and be accommodated to, that of the atmoſphere immediately, without an expoſure that is hardly ever tried or thought adviſeable. The neceſſary offices of dreſſing, cleaning, feeding, &c. gradually reduces the temperature of the child's body, and would very effectually check any natural tendency to fever, if any ſuch really takes place.

As the perſpiration of a child before birth may reaſonably be conſidered leſs neceſſary, and conſequently more imperfect, than after the birth, it may happen, that, to perfect this and overcome any reſiſtance on the ſkin, the action of the heart and arteries may be particularly excited ſo as to increaſe the circulation of the blood and heat upon the ſkin; yet, allowing this, will it be ſaid that the warmth of a bed is unfavourable to that proceſs?

It has alſo been thought, that the warmth and cloſe confinement of the bed has occaſioned the Apthæ. This I have reaſon to believe unfounded, by attentive experience, and which I ſhall farther notice in treating of that diſeaſe.

THE

The objections which have been made to a child's sleeping with the nurse, are; there may be danger of a nurse's overlaying the child. But of this there is little fear, if she has been accustomed to sleep with children; and is an accident that scarcely happens once in an age with those who have *not* been accustomed to it. Another objection is, that of learning the child a custom it may hereafter be difficult to break him of; but this seems founded more upon surmise than reality; as it may be generally effected, with a little pains taking, at a proper season; which time and season remains to be mentioned hereafter under the heads of Air, Exercise, and Washing*.

Rest or quiet, seems the next essential requisite to *warmth;* indeed they are, as above observed, inseparably connected; for if a child is not

* Upon the coasts of Africa, and in other climates of the like temperature, we are informed that infants are early exposed in the open air. There, the regular and continued warmth of climate renders such exposure safe: but the comparison and practice will by no means apply to this climate, where our most warm and favourable seasons are so liable to be interrupted by sudden and frequent varieties and changes in the weather: and, there is not perhaps a country in the world where so many complaints are produced by the numerous, sudden and unexpected changes in the weather, as in this.—Would nurses *now* observe the same strict care in preserving infants from cold as they *formerly* did (and many yet do) the mother in lying-in, it would be the best maxim they could adopt.

not keep ſtill and quiet, he cannot be ſufficiently and regularly warm. Children, at this age, ſhow evident tokens and marks of diſlike to extraordinary motion: they are fretful, and appear fearful and alarmed when they are thrown in the arms or haſtily moved: from which, may it not be inferred, that they are not, even ſo early, entirely deſtitute of mental ſenſations? and that the mind is as ſuſceptible of the impreſſion of fear (in this inſtance) as the body is of pain? A child will, upon the lap, often very apparently diſcover an apprehenſion of falling by a ſudden ſtart, attended with a ſinking; as is evidently perceived by the knee of the nurſe; throwing out his arms at the ſame inſtant, as if to catch and ſave himſelf from falling; and which differs greatly from the ſtarting or twitching occaſioned by gripes, or any other ſimilar cauſe, as it exactly reſembles the ſenſation and effect a grown-up perſon has, who when, between ſleeping and waking, he fancies himſelf falling from an eminence. This ſenſe of fear in children is diſcovered, with exactly the ſame appearances, when they are quickly moved or toſſed in the arms, awake. As a proof of the impropriety of much motion at this time, inſtances have occurred where death has been the conſequence of haſty toſſing in the arms, (without any other external injury) which would, we know, be healthful and grateful at a more advanced period.

It has been a doubt with philoſophers, whether or not, children at this age have ideas or mental conception; and they have been at a loſs at what time, and by what token, the firſt dawning of the intellectual faculty is to be diſcovered: it is a point which perhaps may never be fully elucidated and determined, by *poſitive* proof; how far the above circumſtance may be *one* means of leading to a diſcovery, time, and future obſervation, may determine: there can be little doubt, from it, that children, at this period, have mental feelings or ſenſations, and that the fact itſelf will, conjunctively with other arguments, ſerve to point out to us the impropriety of much motion and exerciſe at this very early age.—Very great and ſudden changes and tranſitions are never grateful to the human conſtitution (in a natural or healthy ſtate) at any period: and when material changes are to be made, the more gradually they are introduced, the better; the neceſſity of which is in no one inſtance more ſtriking and obvious, than in the caſe of infants, who would experience ſo great and ſudden a change, from a ſtate of continued warmth and quiet, to the oppoſite extremes, as would frequently prove fatal, if we did not do all in our power to prevent it.

It may ſeem proper in this place to determine and fix upon the time and manner in which theſe changes are to take place: and from what has

has already been obſerved, the following general rules may be adopted, as far as circumſtances will admit.

In the *firſt week*, a child ſhould not be carried out of the room, except into one immediately adjoining, and that, for neceſſary purpoſes, as dreſſing, &c. but be kept in bed, conſtantly, or as long as he is diſpoſed to ſleep or lie quiet, and never otherwiſe be diſturbed, except to be fed, dreſſed, or cleaned.

During the *ſecond week*, the ſame rules are to be obſerved, except that, towards the end of it, the child may be allowed to lie upon the nurſe's knee, near the fire, and to be gently moved or dandled once or twice a day, for a little time. If about this time the child ſhould, when undreſſed, ſeem gratified with having his limbs and body rubbed with the nurſe's hand, it will be proper to do ſo; at firſt gently ſtretching his legs and arms, and gradually continuing to rub his body and limbs, which will be a grateful and ſalutary exerciſe.

During the *third week*, the time of the child's being up and out of bed may be lengthened; and he may be gently carried about the room, which will be a means of introducing him gradually to that ſtrange, and, often, alarming ſenſation, viz. motion.

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In the *fourth week*, the motion may be a little increaſed; but which it ſhould not be to ſuch a degree as to ſhake or agitate the child much. If the weather be warm, he may, towards the latter end of the week, be taken into any part of the houſe which is not cold or damp; but if the ſeaſon is cold, it will be more adviſable to defer it a week or two longer. This ſeems too early, notwithſtanding the ſeaſon may be favourable, to venture out of doors into the open air. Care ſhould be taken to prevent the child being in any place where wet linen are drying, which is extremely liable to give cold; and I have known more frequent obſtruction and oppreſſion of the breaſt and lungs with ſevere cough from this than other cauſes. It may alſo occaſion griping. This becomes a neceſſary precaution, as ſervants are very liable to take children into ſuch like places, being unconſcious of the dangerous conſequences; and truly alarming I have often obſerved them to be.

Although all degrees of, what may, by ſome be termed *proper* exercife are omitted in the above rules; yet when it is conſidered, that the dreſſing, waſhing, ſhifting, and feeding, are all performed daily, and ſome of them repeatedly each day; they will be found to amount not only to ſufficient exerciſe, but even fatigue, for the firſt or ſecond week. No doubt particular circum-

ſtances and ſituations will very frequently make a deviation from the above general rules; in ſome caſes, proper; in others, unavoidable; as the ſeaſon of the year, the child's health, family ſituations and conveniences, &c. for which proper allowances muſt be made: yet theſe will ſeldom happen, to ſuch a degree, as to prevent a compliance with them, in part*.

It is of late become a practice with ſome to adviſe and direct the ſhaking and toſſing of infants, and expoſing them to the light and air of the room, repeatedly through the day; and that, on the day, or a day or two after they are born: alſo, carrying them out of the room, and into the open air, very ſoon afterwards. The motives for this practice are (moſt likely) founded upon the general opinion of air and exerciſe being conducive to health and ſtrength: ſo they undoubtedly are; and are found to be highly expedient, as well, to preſerve the human conſtitution in a ſtate of health, as to reſtore it when impaired: yet as the beſt remedies are ſerviceable only as they are judiciouſly proportioned and adminiſtered; ſo, conſiſtency, upon this occaſion, ſhould never be loſt ſight of. We find nature ſeeks for, and takes delight in, different *kinds* and *degrees* of exerciſe

* What remains farther to be obſerved upon the ſubject of air, exerciſe, &c. will be more particularly noticed in its proper place.

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and air, ſuited to the different *periods* and *ſtages* of life: and although children, and the young of all animals, are at an early period diſpoſed to be more active and playful than at a future and later; yet it muſt be conſidered that, deſire, and even ability for motion, do not take place the moment of their birth (a few inſtances in the whole animal creation excepted); but that they require an uninterrupted ſtate of warmth and quiet, *for ſome time*, to *perfect* and *fit* them for motion and the *operation* and *effect* of the external air; which, when to exceſs, in ſevere ſeaſons, proves very fatal to thoſe that, even by nature, are the beſt provided againſt them.

It may perhaps be ſaid, that exerciſe, begun ſo early, will forward a child, and be a means of bringing him ſooner to the uſe of his limbs: yet if nature, as has been obſerved, has not then perfected and fitted theſe limbs for motion, we may do harm by forcing them beyond what they are capable of. It does not appear likely, that a child, who is even more than uſually ſtrong and healthy, will have his ſtrength and future activity impaired, or the progreſs of it ſenſibly retarded, by a month's confinement at his birth: for, notwithſtanding the indulgences we have been ſpeaking of, it will be far from a ſtate of total inaction, as the limbs and every part of the body will be conſiderably exerciſed by the waſhing,

 dreſſing,

dreſſing, &c. which is daily and regularly practiſed; and which is as much, when properly performed, as can ever be immediately and eſſentially neceſſary for health, at this period.

It is remarked, that a greater proportion of the children of the poor and indigent die in their *early* infancy, than thoſe of the more opulent; and which is accounted for from a want of warmth, which it is impoſſible they can have in the cold, uncomfortable, and, frequently, miſerable habitations which fall to the lot of the poor and needy, in large towns eſpecially; added to the great defect in the quantity and quality of their clothing: they ſeldom ſuffer for want of food, which they are commonly ſupplied with, very plentifully, by the mothers; as poor, laborious women often have a great quantity of ſuck.— Admitting, however, that the number of deaths of the poor and rich are nearly equal at this period; as the moſt prevailing cauſes of death, in the month, may be ſaid to be cold, and improper food (as will be immediately explained); it is obvious, that cold taken at or ſoon after the birth, muſt be the moſt general and prevailing cauſe of death with the poor of large towns; and that, conſequently, it becomes a circumſtance of very great importance to be duly attended to, by all ranks in every ſituation.

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The children of the poor, who ſurvive the period of early infancy, generally appear more hardy and ſtrong than thoſe of the rich; as, thoſe of the latter, although puny and weak at the birth, very often (eſpecially when wet-nurſed), by care and indulgences, ſurvive this period; but, which very rarely is the caſe with thoſe of the former, from, perhaps, a want of theſe indulgences. There can be no doubt, that free exerciſe and expoſure to the weather, which the poor experience free from luxury and indulgences, will contribute to health, at a later period; although it will, as it very commonly does, prove injurious and fatal, more early.

Finally—It is to be obſerved, that *cleanlineſs*, *eaſe* and *warmth*, are *eſſential requiſites* for a new-born child, ſhould never be loſt ſight of, and ought at all times to be diligently attended to.

FOOD.

IT cannot be doubted that breaſt-milk is the moſt natural as well as proper food for a child: but it happens, that ſome mothers are not diſpoſed to ſuckle their own children; and that others are not capable of doing it for want of milk: and, in large towns, the difficulty that attends getting good wet nurſes, and the danger attending

attending bad ones, induce many to prefer bringing up a child with the ſpoon, which is commonly called *dry-nurſing*, to the riſque of getting a bad wet nurſe. When a child is healthy and ſtrong, this latter mode of dry-nurſing, may be adopted with the moſt propriety, and a proſpect of ſucceſs; but when a child is ſickly, weak, or croſs-tempered, it will generally be found a perplexing, difficult piece of buſineſs.

A CHILD does not require food very ſoon after his birth, nor is the mother capable of giving it immediately: nature therefore has wiſely ordered, that the infant's call, and the mother's ability to ſupply it, ſhall keep pace with each other. As a child, before birth, has received no nouriſhment by the mouth; ſo the mouth, ſtomach, and other organs of digeſtion, are not immediately in a proper ſtate and ſituation to exerciſe their different offices *. The bowels are lined with a mucous

* As it cannot be ſuppoſed that any of the aids ſubſervient to the purpoſes of digeſtion, viz. the ſaliva, juices of the ſtomach †, the bile, &c. are, at the birth, or immediately afterwards, duly prepared and given out in ſufficient quantities for that purpoſe; ſo, food, of any kind, for want of theſe natural aids to its digeſtion and aſſimilation, will be offenſive

† *The ſtomach of every animal prepares a* juice *or* liquor *ſuited to act upon and aſſiſt in digeſting its food. The* ſaliva *and* bile *act for the ſame purpoſe.*

mucous thick matter, of a black colour, called *meconium;* which is discharged in the course of the first or second day by stool; and until this is purged off, the child can receive little, or perhaps *no* nourishment from food of any kind; and which is better omitted. Therefore, in cases where a hired wet nurse is even provided and at hand, it will be better to avoid giving the breast for twenty-four or forty-eight hours after the birth, as it may do harm, and can do no good, before that time. It is, by some, thought necessary to give

offensive to the stomach; and which it must either reject upward, or pass downward, in a crude, indigested state. The *meconium* and other contents of the bowels and stomach, which before birth no doubt have had their uses and designs, yet are afterwards to be considered in the light of extraneous bodies; and it seems highly probable that, until they are excluded, the digestion cannot properly commence, nor can the absorption of nourishment take place. Should it be asked: may not food be properly given to clear away this (now) extraneous matter, and to excite and accelerate the natural secretions? It may be answered: it is absurd to suppose that *Nature*, in so essential a matter, should be defective, and that she should be incapable of or unprovided with regular powers and a stated law and period for accomplishing so important an intention, without any accidental assistance; otherwise, the consequences, in a state of nature, (the most conclusive mode of reasoning upon this occasion) are very obvious.—Therefore, from the inaptitude of food to the purposes of digestion and nutrition, and from its being contrary to the design and order of nature, at this juncture; is it not more consistent and rational; is it not, in general, found more advantageous in practice,

give the child ſomething to carry off this black matter; but which there is ſeldom or never any occaſion to do, as the child generally has a ſtool or two the firſt or ſecond day; and which if he ſhould not, a little manna, a teaſpoonful or two of the ſyrup of rhubarb, or a ſmall teaſpoonful of caſtor oil, may be given to procure it; but the leſs ſuch like things are uſed, the better; as they ſometimes occaſion troubleſome gripings and looſeneſſes*.

As

practice, to delay giving it until *nature* requires it on one part, and provides it on the other? And even if, by the above means, we had it in our power to haſten the operations of nature; might not the effects of ſuch premature exertion be as unfavourable, or more ſo, than thoſe from a ſhort procraſtination?

THAT theſe aids ſo eſſential to the purpoſes of digeſtion are either not furniſhed, or not in a proper ſtate to act upon the food, appears by children ſeldom or never regularly poſſeting, or throwing up half digeſted milk, for the firſt three or four days, or even a week, although they are ſupplied with the breaſt during that time; which muſt as regularly and certainly happen if the milk was then acted upon by thoſe aids in the manner it afterwards is. The yellowneſs of the ſkin ſo generally obſervable at this period, is no doubt occaſioned by the biliary duct not being yet pervious: and as perhaps little or no bile is yet ſecreted, ſome time is neceſſary to perfect the whole.

* IT is a generally received opinion, that the firſt milk which comes into the breaſt, after delivery, has a purgative quality. This I believe to be a miſtaken notion: for I have repeatedly known children of one, two, &c. months old, pro-

cured

As it is commonly two, three, or even ſometimes four days before the mother has milk for her child, it is uſual to give him ſome kind of food during that interval; but, from what has juſt now been obſerved, there can be little or no occaſion for it: however, if it did no harm, there would be leſs occaſion to forbid it; but which it certainly does, and that, oftener than is ſuſpected. It is very common for children to be croſs the few days before they get the breaſt, and which is moſtly obſerved to be occaſioned by griping; which griping is ſure to happen, in a greater or leſs degree, very often conſiderably, if any kind of food, except breaſt milk, has been given; and which is very eaſily and clearly accounted for (and will appear, by obſervation, to be ſo), when we conſider the quality and compoſition of the food that is almoſt univerſally given;—namely,—*panada*, or *pap;* which is compoſed of bread and water boiled and ſweetened with brown ſugar; to which is, ſometimes, added a ſmall quantity of

cured to draw out the nipples and ſoften the breaſts for the firſt day or two after the coming of the ſuck, without producing any ſenſible effect of the kind. It generally happens, that when this *meconium* is diſcharged naturally in due courſe, that then the powers of digeſtion being properly prepared to receive the ſuck, they will mutually act ſo as to promote a free *natural diſcharge* (not a *looſeneſs*) but which will generally happen whether the child gets the firſt milk or that of ſome months date.

milk: or; oatmeal and water, in the form of thin water gruel, with the ſame additions.

Although theſe have been intended for, and may ſeem to be, compoſitions that are palatable and light, and ſuch as might be eaſy to the ſtomach at a more advanced age; yet, upon proper examination, they will not be found ſo well ſuited to a child, at this age, as might be wiſhed, and as will appear by making a compariſon between this kind of food and the mother's milk; which ſeems the likelieſt method of placing the matter in a proper point of view. In doing this, it will be proper to examine diſtinctly the parts which compoſe this food; the principal and moſt material of which is

Bread; which, in whatever ſhape or form it is made or given, is a ſubſtance, we muſt acknowledge, a child's ſtomach is not naturally intended, diſpoſed, or prepared to receive; therefore, no wonder, if it ſhould frequently diſagree; and which it may reaſonably be ſuppoſed to do, from its weight, vegetable quality, or ſome particular antipathy, inaptitude, or diſlike the ſtomach has to any thing ſolid; which laſt ſeems one very probable reaſon; as, when it happens to diſagree, all kinds of bread are equally alike diſagreeable, and that, commonly, even in the ſmalleſt quantity, and which I have frequently obſerved it to do with children, in other reſpects, remarkably

ſtrong,

ſtrong and healthy, who could not bear the moſt trifling quantity of bread, of any ſort, in their food without giving them apparent uneaſineſs. *Bread* may be known to diſagree, when the food which contains it is rejected, or thrown up ſoon after it is taken, unaltered or unchanged in its appearance: or, by a looſeneſs with much griping and green, ſour ſtools; but it moſt commonly happens that the ſickneſs, and the griping with looſeneſs both occur together. The child upon this occaſion is *ſometimes* obſerved to have a very great diſlike to the food when it is made thick with bread, and it is with difficulty he can be got to take it; but which he will take more readily, and with more pleaſure, when it is made thin. If the bread ſhould contain alum, or have undergone any other adulteration, the bad effects of it will be increaſed. Water, that has had a piece of bread boiled in it, when mixed with milk, ſeems the leaſt exceptionable manner of giving (if it can be called giving) bread.— No wonder bread ſhould diſagree now, when we find many grown perſons with weak ſtomachs with whom it diſagrees.

Oatmeal, in the form of water gruel, caudle, &c. is liable to the ſame objections with bread, as it produces much the ſame effects.

Sugar cannot be excepted to exactly upon the ſame ground as bread; as, when it is mixed with the

the food, it diſſolves, and cannot therefore offend the ſtomach by its weight or ſubſtance; yet there is a very powerful objection to it, which is; that as ſugar is diſpoſed to turn ſour upon the ſtronger ſtomach of a grown up perſon, it certainly, and without any doubt, will do it, in a much greater degree, with an infant; and will have a perpetual tendency to promote griping with, or without looſeneſs; and, when ſuch complaints do exiſt, will add to them greatly.

Sugar is almoſt univerſally put into the food of children; and the reaſons given for it are; that it makes the food palatable, and which it is ſuppoſed, a child will not take, ſo well, without it: and that, as it is rather looſening (when brown ſugar is made uſe of), it will help to keep the body open. With reſpect to the former of theſe reaſons, it may be obſerved; that if a child, from the beginning, is not accuſtomed to ſugar, he will undoubtedly take his food juſt as well without it (a very few, if any, exceptions to the contrary). But if he has been uſed to it for ſome time, there may be ſome difficulty in weaning him from it; yet that may generally be done by making a proper trial. As habits are not ſubdued without ſome difficulty at ſo early a period; we cannot be too guarded againſt ſuch as may have an injurious tendency, even at this tender age. It is no recommendation to the uſe of ſugar that it makes

the

the food palatable, for as children are uſually fed as long and as much at a time as they will take their food, they by that means overload their ſtomachs ſo much, that, by frequent repetition, the moſt fatal effects may enſue.——In anſwer to the latter argument in favour of ſugar, it may alſo be obſerved; it very ſeldom happens that children have occaſion for any thing opening, as they are at this age, if in health, naturally diſpoſed to be open in their bodies; and when, at any time, they are otherwiſe, a little manna, caſtor oil, or magneſia, which may be given ſafely at any time, will be better for the purpoſe; as, any thing taken as a medicine conſtantly, loſes, in a great meaſure, its effect; and, on that account, becomes of very little uſe when moſt wanted. It may be ſaid, the mother's milk is ſweetiſh: it is ſo; and there could be no impropriety in imitating that ſaccharine or ſugar-like flavour, provided the means uſed for that purpoſe were perfectly, or nearly, conſiſtent and unexceptionable on other accounts. Although ſugar imparts a ſweetneſs to the food that gives it the flavour of the mother's milk; yet it adds, at the ſame time, other qualities which are foreign to it, and which make it an improper ſubſtitute. The natural ſweetneſs of the breaſt milk, and that which is produced by ſugar, although much alike to the taſte, may differ ſo much in quality as any other two ſweet

things:

things: honey and ſugar reſemble each other a good deal in flavour, yet differ very materially in quality, and effect, when uſed as part of the diet or for other purpoſes: ſo may and does the natural ſweetneſs of the breaſt-milk, and that produced by ſugar, or any other ſweet ſubſtitute that has yet been diſcovered.

THE third and laſt article that compoſes this food, is WATER; which, when ſoft and pure, is not liable to any exception. MILK, is ſeldom added the firſt two or three days; yet, in a ſmall quantity, it would be an uſeful addition; although it will but very imperfectly counteract or leſſen the injurious effects of the BREAD and SUGAR.

HAVING deſcanted upon the qualities of the materials of which this food is compoſed; it may not be amiſs further to explain how and in what manner it muſt conſtantly diſagree, more or leſs, with an infant; in doing which, it will be neceſſary to conſider; that the *digeſtion of the food in the ſtomach* is a proceſs by nature eſtabliſhed and ſupported, in the ſame regular, uniform manner, and with little variation, during life; and that to ſupport this regularity, nature has provided for us, and directed us to the choice of, ſuch kinds of food as are beſt ſuited to our ſupport at the different periods of our life; from which if we ſenſibly deviate, the digeſtion will be interrupted, or go wrong, which muſt throw the ſtomach and

bowels

bowels into diſorder, and by which the whole body, if the change be conſiderable or continued, muſt ſuffer. There can be no doubt that the mother's milk is the only ſuſtenance nature has deſigned for an infant at the time of his birth; that the ſtomach and digeſtive organs are accordingly particularly calculated and prepared to receive it; and that any other kind of food, which is foreign to, or differs very eſſentially or materially from it, muſt diſagree more ſenſibly at this tender age, when the digeſtive organs are weak and imperfect, and, therefore, leſs able to overcome an error or irregularity from the diet, than at a future and more advanced period, when they have acquired a degree of ſtrength.

The Digestion of our food is always accompanied with, and (ſo far as has been diſcovered) depends chiefly upon a fermentation in the ſtomach; which goes on with great regularity in a ſtate of health, unleſs interrupted or diſturbed by ſomething taken into the ſtomach which is foreign, unnatural, or unadapted to it; or which, by its quality, will check, retard, or vary the proper fermentation.

The effect and reſult of *fermentation* varies according to the nature and quality of the ſubſtances made uſe of for that purpoſe. For example; it is well known, that moſt *vegetable* ſubſtances, as flour; oatmeal; bread of all ſorts; cabbage, and

all

all greens; fruit of all kinds, ripe or unripe; turnips, and all kinds of roots; ſugar; &c. &c. when mixed with water or watery liquors will, in hot weather, or when placed in a moderate degree of warmth, ferment, or *work* as it is commonly expreſſed; and, if this working or fermentation is not ſtopped or checked, will very ſoon turn ſour: it is by this means and on this principle the vegetable acids or vinegars of all ſorts are made from different fruits and vegetables; and which is termed the acetous or acid fermentation.—Again; when any *animal* ſubſtance, as fleſh-meat, fowl, fiſh; or the broth, gravy, or juices of any of them are mixed with water or watery liquors, and placed in a moderate degree of heat, they will, like the vegetables, ferment or work; but the reſult of this fermentation or working is widely different from that of the vegetables, and is called the *putrid* fermentation, very nauſeous and offenſive to the ſmell and taſte. The products of theſe two ſimilar proceſſes are as oppoſite as any two things in nature: the firſt being named *acid*, and the other *alkali* (or putrid); the effect of vegetable and animal fermentation.

From what is here obſerved, it will be eaſy to conceive how well ſuited the *ſtomach* is, from its warmth, its natural juices, and the liquors regularly taken into it, to diſpoſe the vegetable and animal food which we daily receive into it, and

upon

upon which we ſubſiſt, to ferment; and which happens very much in the ſame manner in, as out of, the body *.

The human frame and conſtitution is ſo diſpoſed by nature, as to require its ſupport and nouriſhment from a combination of the efforts and effects of theſe two different fermenting ſubſtances (for ſtones, minerals, and every thing elſe in nature that is not capable of fermentation, will afford no nouriſhment to the body); and therefore the regularity of the digeſtion of the food, and the conſequent health of the body, depend very much upon the quality and due aſſortment and mixture of theſe different ſubſtances or foods in the ſtomach: for if either the acid or putrid quality prevails too much, and for a continued length of time, the health will ſuffer by it; and, in either caſe, the food cannot, for want of a proper and ſuitable fermentation in the ſtomach, yield and give out its proper nouriſhment: hence the ſtomach and bowels are diſordered for the preſent, and muſt loſe their ſtrength and powers in common with the other parts of the body; and, if the cauſe is continued, it will lay the foundation for many diſeaſes.—But when ſuitable proportions of

* WINE is the reſult and product of vegetable fermentation, which is called the vinous fermentation; but this reſult of vegetable fermentation never takes place in the ſtomach, and may be always prevented out of it.

animal and vegetable food are received into the ſtomach together, a proper fermentation enſues; by which the digeſtion goes on briſkly, freely, and without interruption; the food affords due nouriſhment, is grateful to the ſtomach and bowels, and does not diſturb them or occaſion any uneaſineſs in them (for it is neceſſary to a good digeſtion that it be quick and haſty; as whatever lays upon the ſtomach without digeſting readily, does not digeſt perfectly, and always gives uneaſineſs): hence the propriety of, and the natural deſire and inclination we have for, a mixture of animal and vegetable food conſtantly and regularly in our diet.

The injuries done to the human body by errors in the proportioning of animal and vegetable food are as follow:

First, with reſpect to animal food, it is to be obſerved; that from nature's bountiful ſupply of vegetables and vegetable productions, in the form of fruit, roots, bread, &c. wine, beer, and other fermented liquors, throughout the habitable world, injuries from exceſs of animal food rarely happen (eſpecially to infants, in this part of the world): however, when from any accidental, occaſional cauſe they do happen, a corruption and deſtruction of the body, from the effects of an exceſſive prevalence of the putrid fermentation, muſt, if the cauſe be continued, enſue; and which is the

caſe

cafe in the fea-fcurvy, when, in long voyages, the feamen are deprived of, or reftrained in, the ufe of vegetable diet: and if any of the human fpecies were to be confined entirely to the ufe of animal food, of whatever kind, and water (pure water partakes of neither an animal nor vegetable quality in the fmalleft degree), they would very foon die in the fituation here defcribed.

SECONDLY, with refpect to vegetable food, it is to be obferved; that an excefs of it will not upon *all* occafions be immediately fatal; yet it is, with all, in a natural and healthy ftate, inadequate to the purpofes of good health. For it is well known, that the fournefs that is produced in the ftomach by a prevalence of the acid fermentation there (in confequence of the too free ufe of vegetables), is not only injurious (as acids in all forms are) to the growth and nutrition of the body, but that it is alfo the caufe of indigeftion and fevere and painful complaints in the ftomach and bowels: for when a perfon, with a weak ftomach efpecially, indulges frequently and freely in greens, fruit, acids, and other vegetable productions, he will almoft as certainly be troubled with a fournefs rifing from his ftomach, the heart-burn, or an uneafinefs and fenfe of a weight or load there; all or each of which are occafioned by an exceffive prevalence of the acid fermentation in the ftomach, which checks and reftrains the digeftion,

by which the food lies as a load upon the ſtomach, accompanied with a painful ſenſation and oppreſ-ſion, and which is moſt commonly attended with coſtiveneſs with grown perſons; but with children a ſickneſs frequently, and generally a griping with looſeneſs.

As the hand of *Providence* is admirably diſ-played through the whole creation in connecting and adapting the ſeveral parts for the preſervation of the whole; ſo particular care has been taken to adapt food to every animal ſuitable to its ſituation. As the human race are not in any parts of the known world ſo circumſtanced as to be under a neceſſity of confining themſelves conſtantly and entirely to the uſe of animal food, ſo their nature is not calculated to ſubſiſt upon it: but as there are frequent occaſions in many parts of the world, where, if they could not ſubſiſt for long periods and ſeaſons upon vegetables alone, they muſt periſh, ſo nature has a proviſion made for ſuch occaſions; and this proviſion is; a power in the animal conſtitution* to ſubdue, *in part*, an exceſs of

* The proceſs in the animal conſtitution (as well human as brute) by which a change is effected in the quality or property of the vegetables they eat, (which change takes place partly during the digeſtion of the food, but chiefly after it mixes with the blood, as the nutritious parts of all food mix with the blood) is called *animalizing*; by which is meant, the con-verſion

of the acid fermentation and its effects, by a natural difpofition in the animal to a putrid tendency, or putrefaction; and the greater the animal powers,

verfion of vegetable into animal matter; and which will be readily conceived to take place, when it is confidered, that a cow, or any other animal that lives entirely upon grafs and other vegetables, would change its own nature, and be converted into a vegetable, but for this power in the conftitution to *animalize* the food that is taken.

As this power, however, varies in different animals according to their fpecies or kind, fo nature directs every animal to the choice of fuch kind of food as is beft fuited to its conftitution. Cows, and many other brutes, confine themfelves altogether to vegetables, and refufe animal food, as their conftitutions are prepared to *animalize*, that is, to convert vegetables into proper nourifhment for their fupport. Man, and fome brutes, as the dog, cat, &c. from the nature of their conftitutions, require a mixture of animal and vegetable food, and are found to thrive beft when they get fuch a proper mixture. Some of the birds require a mixture of animal and vegetable food; and although a very great majority of the feathered race, who are confined in their feeding to the land, live entirely upon vegetables, yet there are others that we find cannot, as the nightingale, wood-lark, robin red-breaft, wren, &c. and who foon die when confined to grain, feeds, and other vegetables.

CLIMATE greatly influences and directs the diet. The inhabitants of warm and fouthern climates require a large portion of vegetable diet to allay and obviate the effect of exceffive heat, which, by favouring the putrid fermentation, tends to the putrefaction and deftruction of the body: whilft, on the contrary, thofe of the northern climates require an ample

powers, that is, the ſtronger the conſtitution, the more this diſpoſition prevails; from which, it becomes very conſiderable with the ſtrong and

ample ſupply of animal food (or fiſh, which is to be conſidered as being of the ſame quality) to ſupport and ſupply a degree of heat (which it affords) neceſſary to prevent and reſiſt the powerful action of cold. Theſe varieties in the diet are found proportioned to the degrees of climate. The inhabitants of ſome parts of Aſia are ſaid to live entirely upon vegetables: no doubt the vegetable productions of that country are numerous and in regular, alternate ſucceſſion; and very likely, from the warmth of the climate, may come to fuller perfection and maturity than we find them in the northern parts of Europe; from which, and being always to be had freſh and in perfection, they will be better ſuited to the purpoſes of digeſtion and nutrition; yet thoſe people are weak and effeminate.

The farther we advance northward, the more we find the inhabitants diſpoſed to eat fleſh-meat; and, where they have it in the greateſt perfection and plenty, the healthier and ſtronger they are. In the moſt northern regions they eat a great part of their fleſh-meat and fiſh raw; and have very few vegetables; in the winter (which is very long) ſcarcely any except dried roots. In theſe two contraſted ſituations, of climate and diet, the inhabitants may, independent of exceſſive indulgences and debaucheries, be nearly alike healthy; although the latter muſt be, and are, more robuſt and ſtrong.—This kingdom, with reſpect to climate, is ſituated between the two extremes of heat and cold; yet as, throughout the year, the cold ſeaſon may be ſaid to exceed, in length, the warm; it follows, that a plentiful ſupply of animal food is neceſſary not only for the aſſimilation and digeſtion of the food, but alſo for the purpoſes of good health and ſtrength of conſtitution.

healthy

healthy of grown perſons; and of courſe but very ſlight and inconſiderable with infants *.

Bread, and Sugar, together or ſeparately, when mixed with *water*, in the form of *panada*, or *pap*, are, in common with other *vegetables*, readily diſpoſed to turn ſour in a certain ſtate of warmth, and with a ſlight degree of fermentation (as will convincingly appear by making the experiment): ſuch a mixture, therefore, taken into the ſtomach of an infant, where it will meet with nothing that will, in any conſiderable degree, counteract this acid tendency, muſt inevitably produce an acidity or ſourneſs, in a degree proportioned to the quantity taken, and the length of time it is continued. It is from this cauſe the ſour ſmell and green colour of childrens' ſtools proceed; which are always attended with griping and looſeneſs; ſometimes with convulſions; and which frequently prove fatal at this early period. When this food has been given to children, I have conſtantly obſerved them to have either a

* There are ſome perſons, however, who cannot be ſaid to have ſtrong conſtitutions, who yet require more than uſual of the aceſcent or vegetable diet to ſupport this equilibrium in the digeſtion, owing to an uncommon diſpoſition in the conſtitution to putreſcency; but is what happens to very few in this climate; and, when it does, is with grown perſons, and is ſcarcely or not at all obſervable or to be diſtinguiſhed in the early periods of infancy. It may perhaps be always conſidered as a diſeaſed ſtate.

ſickneſs,

ſickneſs, or ſour, green ſtools with more or leſs of griping, or both, which have generally increaſed while the food was continued, and which were moſtly troubleſome, often alarming: and, on the contrary, when I have been able to prevail with a nurſe to avoid giving any thing until the mother's milk was ready, ſuch like appearances and ſymptoms have rarely occurred, and when they did, it has been in ſo ſlight and moderate a degree as not to diſturb the child, or be worth notice.

It will, no doubt, now and then happen, that children, from cauſes which we are ſtrangers to, will have complaints in the ſtomach and bowels that are alarming and dangerous; yet, if nothing in its nature ſour, or diſpoſed to turn ſour, be taken in at the mouth, the ſour ſmell and green colour of the ſtools will not happen, except perhaps, in the ſlighteſt degree. Cold is a very common cauſe of griping with looſeneſs; but, in that caſe, the ſtools will be nearly of the natural colour, and free from ſourneſs, if nothing in the food conſpires to make them otherwiſe.

The ſour ſmell, green colour, and the watery and often frothy appearance of the ſtools, are unerring ſigns, and the regular conſequences of the acid fermentation from improper food.

The mother's milk partakes of both the animal and vegetable quality, and therefore is, as nature deſigns it, perfectly ſuited to the purpoſes of digeſtion and nouriſhment for children.

Cows'

Cows' MILK alſo partakes of both the animal and vegetable quality; and although it differs ſomewhat from breaſt-milk, may yet be ſubſtituted for the latter, and to advantage when properly directed and managed; as will be preſently explained; but it has not ſufficient powers and qualities effectually to correct the injurious effects of bread and ſugar, when mixed with them, although it will do it in part *.

FROM

* As no appearances, or but the moſt imperfect ones, of either an animal or vegetable quality are to be diſtinctly diſcovered in milk by the common teſt of an acid or alkali in a chemical analyſis, it has been conſidered as participating and being an intimate combination of both. Dr. *Cullen* obſerves of milk; that it is to be conſidered as aliment in an *intermediate* ſtate between animal and vegetable. *Macquer* calls milk, "a liquor half changed into an animal juice."—This perfect, and, as it may be called, indiſſoluble combination of animal and vegetable matter, of which milk is compoſed, may account for its being in general ſo light and eaſy of digeſtion to weak ſtomachs; as it may, by ſuch preparation, require leſs aſſiſtance from the digeſtive and aſſimilating powers than any other mixture of animal and vegetable matter previouſly leſs combined: hence we may infer, that the proceſs in the digeſtion of milk (in a child's ſtomach particularly) differs a good deal from that of any other food. It is well and univerſally known that the juices of the ſtomachs of ſucking calves are diſpoſed to act in a particular manner upon the milk as ſoon as it is received by them; a familiar example of which appears in the making of cheeſe, where a portion of the ſtomach of a calf is macerated in water a few

H hours,

From this short and familiar account of the *digestion* of the food, the propriety of attending to the quality of it, with children, is strikingly obvious; as they are ill qualified, from their natural

hours, to extract its juices, which being put into a quantity of milk, previously warmed to about the degree of animal heat, occasions a separation of its parts into a soft curd and whey: which, without doubt, is very similar to what happens in the stomach of the calf, as also in that of a child and every other animal that is fed with the mother's milk; and depends upon a *specific* quality in the juices of the stomach capable of regularly producing it.

As this change is effected without the aid of fermentation, neither acidity nor putrefaction are the *immediate* result of it; and it is probable, from the appearances and qualities of childrens' stools, that, with children, only the slightest degree of fermentation follows during the *remainder* of the digestion; as their stools, when newly excreted, have the appearance of soft curd tinctured with bile, nearly inodorous, but which will soon afterwards undergo a spontaneous acetous fermentation. As the particular qualities of the juices of the stomach of animals must vary with their several species, so those of each may be supposed the best suited to act upon the milk of their own respectively: but, as it may be supposed that the component parts of milk are much the same in all animals, and vary only in their proportions; so the milk of one animal will, with a little art and assistance, be more likely to agree with another, than food of any other kind.

It is observed, that cows' milk seldom agrees so well, and is so light and easy of digestion, with grown persons, as with children and those who are younger; and, that the older a person grows, the less relish he has for it. From which, it is extremely probable, that as a man, or any animal, advances in

natural weaknefs and delicacy, to combat the effects of a material irregularity in it.

Sir John Pringle, a phyfician of eminence, has been at great pains in inveftigating and afcertaining the nature of the digeftion of our food; and moft of the arguments here offered are confonant with his reafoning and experiments upon

in age, the juices of the ftomach gradually and progreffively lofe that quality which originally enabled them to act upon and promote the digeftion of milk; for it does not appear that the ftomach of a cow will produce the fame change with milk, out of the body, which that of the calf does.

From this view of the digeftion of milk, we are led to difcover the impropriety of any food for children that differs from it. The bad effects upon the ftomach and bowels in confequence of the acetous fermentation from the ufe of *panada* or *pap*, or any other vegetables that require ftrong animal powers for their digeftion and affimilation, are too obvious to need a recital.

Children are always obferved to thrive beft when they poffet, or throw up freely. The reafon appears plainly to be, that as children, whether they feed themfelves from the breaft, or are fed with a fpoon, for the moft part overload their ftomachs; and the fuperabundant food in its half-digefted ftate, is eafily and readily rejected: but if the food is of fuch a quality as is not adapted to the ftomach, the proper digeftion does not take place; fo that it will lay there and opprefs the ftomach (as with a grown perfon fo circumftanced) for a much longer time, and cannot be got up without uncommon exertions and much ftraining. It is on this account that children who are dry-nurfed, upon the *ufual* food, feldom or never are obferved to *poffet*; and therefrom fuffer a good deal when their ftomachs are overloaded.

the ſubject. With reſpect to vegetables, he in general obſerves; that when they are taken alone, or even in over proportions, into the ſtomach, by the acid fermentation which they muſt neceſſarily undergo, the digeſtion is interrupted, and many complaints of the ſtomach and bowels produced; all of which are obſerved to happen the moſt remarkably with thoſe of weak ſtomachs and bowels, even of grown perſons. What effect, therefore, may a diet altogether vegetable, and which differs ſo much from breaſt-milk, be expected to have upon the uncommonly weak and delicate ſtomachs and bowels of infants?—Certainly a very bad one. *Bread* muſt diſagree, on two accounts; as being a vegetable; and from its ſubſtance, which (as already obſerved) the ſtomach of an infant is not by nature intended, and, of courſe, prepared to receive.—*Sugar* will diſagree from its diſpoſition, as a vegetable, to turn ſour, as well as from its other unfavourable qualities *. They who are unacquainted with the

* *To the Medical Reader.*——Sir John Pringle's obſervations and experiments on the tendency and effects of *ſugar* in digeſtion, are as follow. "Nor does ſugar at all promote "putrefaction. A plain ſyrup is ſaid to preſerve meat better "than any brine; and from the trials I have made, this ſeems "to be true: as alſo, that weak ſolutions of ſugar are pro-"portionally antiſeptic. But what is moſt remarkable here, "though weak ſolutions of ſugar ſoon yield to the putre-"faction

the properties of ſugar, cannot always be readily brought to conceive that one of the ſweeteſt things in nature will ſo readily and eaſily be converted into the directly oppoſite quality, to the taſte, of ſour; but which they will aſſent to, and be convinced of, when they reflect that it happens in the preparation of all ſorts of vinegar in which ſugar is an ingredient; and that vinegar, for ſome uſes, is made of ſugar and water only, by means of fermentation.

FROM what has been obſerved, there will not be much difficulty in accounting for the prevalence of griping with looſeneſs, &c. with infants at this period; eſpecially when it is farther conſidered how few children eſcape having food of the quality above deſcribed forced into them in great quantities, with little intermiſſion, frequently from the moment of their birth. It is a very common practice with nurſes to feed children, at this time, when they are croſs, ſup-

" faction of fleſh, yet as ſoon as an acidity is produced " from the ſugar's fermenting, that putrid tendency is either " much retarded or entirely overcome. Wherefore in ſugar, " the effects of both the *farinacia* and ſalts ſeem to be com- " bined; for as a ſalt, it oppoſes putrefaction at firſt, which " the *farinacia* do not; and like the *farinacia*, it checks " putrefaction after the fermentation begins." *Obſervations on the Diſeaſes of the Army, Appendix, page* 354; *third edition.* Hence the impropriety of ſugar where an acidity is to be ſtrictly guarded againſt.

poſing

poſing they are hungry and want food; not knowing that they are, by ſuch means, adding fuel to the fire, and promoting the cauſe, which is no other than griping from the ſame ſort of food which they have before given. For although fretfulneſs and crying may be ſigns of hunger, yet they are not always ſo, as, an uneaſy or painful ſenſation, from griping occaſioned by cold, improper food, or any other cauſe, muſt equally occaſion them: and when a child has had as much food as is neceſſary, how great the abſurdity, how great the hardſhip upon him to be ſtuffed and gorged night and day with immoderate quantities of what, for the moſt part is the chief or only occaſion of his uneaſineſs!—If children are not fed at all, are kept warm and dry, ſtill and quiet, and are never taken out of bed except to be dreſſed and cleaned, they will very rarely be croſs the firſt, ſecond, or third day; and, if they are, it may as reaſonably be ſuppoſed to proceed from any other cauſe as hunger. Warmth, and reſt, anſwer every intention of nouriſhment until nature requires the uſe of food, and prepares the ſtomach and other organs and inſtruments of digeſtion to receive it, for that purpoſe.

There is yet one other argument remaining in ſupport of the impropriety of this food at this period, which is; that a child ſhall have, while he

he takes this food, for the firſt two, three, or four days before he gets the breaſt, a ſickneſs with or without throwing up, or a griping with looſeneſs, &c. which will diſappear totally, or in a great meaſure, by quitting this food and being fed entirely from the breaſt; and this is what happens very often, and in a very ſenſible manner, as may be obſerved by thoſe who will notice it. To what cauſes are theſe ſudden and material changes and appearances to be attributed, independent of the impropriety of the former food, and the ſalubrity and propriety of the latter? Is not this as convincing an argument as can be given, and would there need any other?

It is of the utmoſt importance to have this ſubject properly underſtood and attended to, as the number of children who ſuffer in their health and loſe their lives by the gripes with looſeneſs, at this critical juncture, is very conſiderable; and as there is no complaint which, at this tender age, they ſuffer ſo frequently and ſo much from, and which is to be more dreaded, eſpecially with thoſe who are dry-nurſed, and are of courſe confined to it for a longer time: for although a child who is intended to be wet-nurſed may ſuffer a good deal by improper food, yet it is but for a ſhort time, and as he gets the breaſt in two or three days, the cauſe is removed, and he generally, ſooner or later, overcomes the effect of a

ſhort

ſhort irregularity: yet puny, weak children may, and often do, loſe their lives from it, even in that ſhort ſpace of time. But when children are dry-nurſed, and confined to ſuch like food, no wonder ſo few ſhould thrive and do well: thoſe, who live, are moſt commonly teazed with a frequent griping and looſeneſs, which keeps them always weak, puny, and ſpiritleſs, and gives them a pallid ſickly look; and daily experience but too fully convinces us that numbers are carried off by it.

From what has been obſerved, it will appear; that children very ſeldom can have a *real* occaſion for food, of any kind, before the mother is capable of ſupplying it; and that, food (eſpecially ſuch as is commonly given upon this occaſion) is more likely to do harm than good: therefore, it will be better, in general, to avoid giving any thing as food, till the mother's or another breaſt be ready. This practice, conſidered as an innovation in the eſtabliſhed cuſtom or rule of nurſing, will, no doubt, meet with oppoſition from ſome, merely on that account; it can be founded upon no other pretext, as reaſon and experience unitedly conſpire to confirm the propriety of this practice, and to place it in the moſt clear and convincing light; and which muſt have its proper weight and influence with thoſe who prefer the conviction of their own ſenſes to vulgar prejudice:

prejudice: yet if any doubts or objections arise, they will be solved in the best and most satisfactory manner by making the experiment, which, upon most occasions, may be done with the utmost safety.

It sometimes happens when a mother intends to nurse her child herself that it is some time before she can be satisfied whether she will be able to do it or not (especially of the first child), from the state of her breasts, the quantity of her milk, or other causes. It also may happen, that when a wet-nurse is intended, she may not be ready or at hand for a like time. In either of these cases it will be necessary to give the child some food, and to continue it until the breast be ready: for which purpose, it will be advisable and proper to make choice of such food as appears to resemble and approach the nearest in quality to the mother's milk. *Asses' milk* comes nearest to the human of any we are acquainted with in use *; and therefore, when it

* *Asses' milk* resembles breast milk so much in taste, consistence, and every other quality, that very little, if any, difference is to be discovered between them. It is so light and easy of digestion that it is recommended to grown persons in declines, or when the constitution is weakened or impaired from any cause; and in cases, more particularly, where the stomach is too weak to retain or digest other food. From which, there can be little doubt that it is admirably calculated for, and adapted to, the very weak and delicate stomach of an infant.

can be had, is very deſirable and proper: it ſhould be given, alone, without bread, ſugar, or any thing elſe, and always as warm and freſh milked as poſſible; and the child may be conſtantly fed with it, nor will any other kind of food be neceſſary: but, as from the expence which attends it, and the conſequent difficulty of getting it, the more opulent only can be indulged with it, it will be neceſſary to ſubſtitute ſomething elſe that can be more univerſally obtained. *Cows' milk*, as being the only milk in general uſe *, muſt be had recourſe to, and will anſwer the purpoſe very well; but as it is a good deal thicker than breaſt milk, it will be proper to reduce it to the ſame conſiſtence; and which may be done very well, and with propriety, by diluting or mixing it with water. As milk is frequently mixed with water by thoſe who ſell it, it cannot be ſaid, with any degree of exactneſs, what proportion of water muſt be

* *Goats' milk* approaches ſomewhat nearer to breaſt milk than the cows' does; although it more reſembles that of the cow than of the aſs, and therefore the advantage which will attend its uſe cannot be expected to be *very conſiderable*: yet, when it can be conveniently had, it appears to deſerve a preference and trial, eſpecially in caſes where the cows' will not agree in any form or manner of giving it; and, when aſſes' milk cannot be obtained. The goats' milk muſt be mixed with water, in the manner hereafter deſcribed, and with a proportion of ſomewhat more than one half part water.

added

added to the milk to reduce it to a ſuitable conſiſtence: but, if the milk be good, about one part milk, and two parts water*, will do very well, to give at the firſt. In mixing the milk and the water, the following directions ought to be attended to. The water that is to be put into the

* *To the Medical Reader.*——According to *Hoffman*'s experiment, as upon the evaporation of cows' and human milk, the inſpiſſated reſidua were, as 13 to 8; ſo, to reduce the former to the conſiſtence of the latter, a leſs proportion than half water might ſeem ſufficient; yet, upon mixing one part milk and two parts water, the mixture ſeems, to the ſight and taſte, even then, leſs dilute than breaſt milk. As the nutritive part of milk is ſuppoſed to be chiefly confined to the unctuous and groſs; and as theſe are the moſt difficult of digeſtion; there can be little doubt of its affording due nouriſhment when diluted ſo much as here directed; and the riſque of its being too groſs and heavy for a child's ſtomach will alſo, by that means, be avoided: for as it has been obſerved, in the preceding note to page 82, that the gaſtric juices of every animal may be ſuppoſed the beſt ſuited to act upon its reſpective milk; but that, by proper management, the milk of one may be adapted to another: ſo, if from the groſſneſs of cows' milk, the gaſtric juices of a child's ſtomach are not powerful enough to produce in it the neceſſary change (there explained), by reducing it properly, that change may more reaſonably be expected. That this is not however merely hypothetical, may be gathered from what hereafter follows; where it is obſerved to be confirmed by experience, that this dilute mixture of *cows'* milk may advantageouſly be ſubſtituted for that of the *mother;* and that it, in general, will agree with infants much better than the other kinds of food with which they are uſually fed; and will be alſo ſufficiently nutritive, during the firſt month.

I 2 milk

milk muſt be the ſofteſt (if pure) that can be had, muſt have boiled *, and be of ſuch a heat when put into the milk, as, when thus mixed together, they may be as nearly of a proper warmth for the child to take as may be (viz. about the warmth of milk when it comes from the cow). It will be adviſable to mix no greater quantity at one time than it may be ſuppoſed the child will take at once. The milk ought to be as freſh milked as poſſible, and, if warm from the cow, the better: but as it can ſeldom

* It is a matter worth attending to, in preparing this, or any other kind of food for children, not to do it in a copper pan or kettle, if it can be avoided. For if any part of the tinning ſhould come off (as frequently happens), it might be a means of occaſioning very frequent, troubleſome, and even dangerous complaints in a child's ſtomach and bowels. A tea-kettle is ſuppoſed leſs liable to ſuch an accident than any other ſort, and therefore may not be thought improper to be uſed for the purpoſe of boiling the water that is mixed with the milk. However, to avoid any, the leaſt riſque, it will be adviſable to boil the water in a veſſel made of tin, in the form of a tea-kettle, panikin, &c. which will be as commodious, to the full, as a common copper tea-kettle, and preferable even to a ſilver veſſel that is not well and daily cleaned. An iron tea-kettle, that has been well and long-ſeaſoned and uſed, is very proper for the purpoſe. This caution reſpecting the copper is, with children, a very neceſſary one; as, from ſuch a circumſtance, what would not ſenſibly affect a grown perſon, might, by frequent repetition, occaſion the death of an infant before the cauſe was diſcovered.

be

be had warm from the cow oftener than twice a day, it may at other times be prepared from cold milk. It ought not, at any time, to be put upon the fire to warm or boil.

It may be better if the milk is obtained from one cow only, and not a number, as is often the case. It is obſerved that the ſuck of two different nurſes ſometimes diſagree with children; ſo, to avoid that riſque on this occaſion, the precaution may be adopted.

The advantages which attend this mode of mixing the milk and water, are; that the milk, by this means, ſuffers little or no change or alteration, except being thinned, and is received by the child in a ſtate which muſt be beſt ſuited and moſt agreeable to his ſtomach: whereas, on the contrary, when milk is boiled, it ſuffers a change which makes it harder of digeſtion, to an infant, and alſo binding: warming it upon the fire, without boiling, gives it theſe qualities in a ſlighter degree: if milk is ſuffered to ſtand until it be ſo cold that the cream ſeparates, its quality is altered: if milk and water, when mixed, is ſuffered to go cold, and is warmed again once or twice, eſpecially in warm weather, it is very apt to turn ſour. From which conſiderations, it appears how neceſſary it is to conform, as near as may be, to the rules above-named; all which may readily be complied with,

in part, very eafily, upon moft occafions*. There will feldom or never be occafion to put *fugar* into this food to induce children to take it, which they will do equally as well without, if, as has been before obferved, they have not been accuftomed to it: and if a child is to begin with this food who has been ufed to fugar, and refufes to take it without, a little may be put in, which may be diminifhed in fo gradual a manner, that, in a little time, he may, perhaps, come to take it without any at all. *Sugar* is fomewhat lefs injurious than *bread;* therefore it is the leffer

* MANY grown up perfons who are fond of taking new milk warm from the cow, or have it recommended for the health, find it too rich, cloying, and heavy to the ftomach, and put in brandy, or rum, to make it fit eafier; who, by mixing a third or half part water, that has boiled, with the milk, will find the fame defirable purpofe anfwered; which will to many be a much more agreeable method; and will to all be much more eligible and expedient for the purpofe of health in the generality of the complaints for which new milk is prefcribed. It will be a defirable fubftitute for affes' milk when that cannot be procured. If a little fugar will make it more palatable, it may be added. I know fome perfons, who when they take new milk in the ftate it comes from the cow, find it heavy on the ftomach; but who, when they take it mixed with a little warm water, find it perfectly light and eafy. If a very little loaf fugar is previoufly diffolved in the water that is put into the milk, it takes off the rawnefs and infipidity occafioned by the water, and gives the milk the fame flavour, and richnefs to the tafte, nearly, that it had before the water was put to it.

of

of the two evils *. Loaf ſugar will always be preferable to brown.

THIS LIQUOR OR FOOD, thus prepared, a child may be fed with as often as feeding is neceſſary, nor will any other kind of food (if this agrees) be needful; and, from what has been obſerved, the oftener it is freſh made, the better, and which is much preferable to what is warmed over again.

CARE ſhould be taken that the milk is not adulterated with any thing that may be hurtful: chalk is ſaid to be put into the milk in London, which muſt make it very improper food for children, as chalk is powerfully binding. In this town I believe nothing but water is put into the milk, which can do it no other injury than making it poorer and thinner.

THIS is a food which can be eaſily procured by all ranks of people, and is prepared much more readily and with leſs trouble than that made in the uſual manner: it is palatable and agreeable to children, as they take it readily, and frequently with avidity and ſeeming pleaſure: and what recommends it ſtill more powerfully, is, its approaching near the quality and

* *To the Medical Reader.*——*Sugar*, although equally diſpoſed to favour the acetous fermentation, as it muſt paſs the ſtomach much more readily than *bread*, will be leſs diſpoſed to occaſion ſickneſs, obſtruction and oppreſſion there.

conſiſt-

conſiſtence of, that natural food, the mother's milk; of which although it ſhould not be ſuppoſed to be an exact imitation, yet it appears to be nearer than any thing elſe we are acquainted with that can be generally and eaſily obtained. It is very nouriſhing, and agreeable to the ſtomach and bowels, as appears by its ſeldom producing, or being accompanied with, any of the diſagreeable ſymptoms of griping, &c. &c. which the food, prepared with *bread* and *ſugar* (as has been obſerved) ſo very commonly does.

If any thing ſolid can be neceſſary or muſt be given, Naples biſcuit, as hereafter mentioned in dry-nurſing, is to be preferred.

OF THE FOOD IN DRY-NURSING.

When a child is very ſmall or weak at the birth, from any cauſe, there does not appear to be any neceſſity for giving food much ſooner than if he is luſty and ſtrong; as, if what is given ſhould happen to diſagree, by bringing on a looſeneſs, or otherwiſe, the food may, in his weak ſtate, do much more harm to him, on that account, than it would to a ſtronger child; and in ſuch a caſe, it will be more adviſable to wait till the breaſt be ready, and the child able to take it: but if a child is ſo very weak, that

that there appears but little profpect of his being able to take the breaft, in a reafonable time, it will be proper to give him fomething; and, upon fuch an occafion, nothing perhaps is fo proper as broth, which muft be thin and weak: chicken broth, or chicken tea as it is called*, is very well adapted to the purpofe. But, from what is obferved in the note to page 111, *veal* tea (prepared as there directed) will be preferable to that of chicken or any thing elfe. If any other kind of food may be thought neceffary, *affes' milk*, or the *milk and water*, may be given at intervals; perhaps it may be full as well to give the broth and milk and water alternately and by turns. Affes' milk feems admirably calculated to this occafion.—The following cafe, which fell under my obfervation, will explain the fituation we are treating of.

* CHICKEN TEA is made by ftripping off the fkin of a frefh killed fowl, cutting it up the back, taking out the entrails, and wafhing it: it is then to be put immediately into boiling water, and boiled for about five minutes; the broth muft be poured off, and fuffered to ftand till it is cold, that the fat, which may happen to be upon the furface, may be taken off; after which it may be warmed for ufe. But, where it is not convenient to have a frefh fowl as often as it may be needful to make frefh tea, any limb, or part of the fowl, may be cut fmall, and boiled in the fame manner, in a lefs quantity of water. It will be proper always to fkin the part that is ufed.

Miss *M*——, at her birth, was remarkably ſmall, and very weakly, although at her full time: it was intended ſhe ſhould be nurſed by her mother: the common food of *panada*, or *pap*, with ſugar, and without milk, was, as uſual, given the firſt day. On the ſecond day, ſhe had a ſickneſs, which brought up part of what ſhe took, attended with a looſeneſs and griping: a little milk was now added to the food; the complaints continued, and on the third day the looſeneſs was increaſed, with more griping, and watry, four ſtools of a greeniſh colour. The child was now ſo weak as not to be able to take the breaſt, which was ready for her, and there ſeemed to be no probability of her living two or three hours; ſhe was accordingly given up by the nurſe and attendants. Seeing the child in this ſituation, about to expire, I deſired a little broth might be given; a little *veal* broth was very ſoon procured, and a few teaſpoonsful was, with ſome difficulty, got down, which ſtaid upon the ſtomach: in a ſhort time a little more of the broth was given, which went down rather better than the firſt, and alſo ſtaid with her. The child, from this time, began apparently to revive, and to ſhow ſigns of returning ſtrength: the broth, only, was continued all that day, and the next her complaints were much abated, and ſhe was able to ſuck a woman who had given

ſuck

ſuck for ſome time and was purpoſely provided, thinking her breaſts would, for that reaſon, be eaſier to draw than the mother's: the child recovered, was afterwards healthy, and throve well.

If the child, in the caſe before us, had not been fed at all with the *panada*, ſhe would not, moſt likely, have ailed any thing, nor wanted food: for if ſhe was able to ſurvive, the three days, with ſuch complaints, how much better might not ſhe be ſuppoſed to have been without them, as the food which ſhe took cannot be ſuppoſed to have afforded her any nouriſhment? There is little doubt, from the circumſtances of this caſe, but that the *panada* was the occaſion of the ſickneſs, griping, &c. and that the child muſt have died, as great numbers do *in exactly the ſame ſituation*, but for that accidental trifle, the broth.

Few periods of infancy are more embarraſſing than the ſhort one we have been attending to of a new-born child before the mother's breaſt is ready for him. The child's cries, the mother's diſtreſs in hearing them, and the nurſe's ſolicitude to ſtill them, frequently form a ſcene ſomewhat diſtreſſing. The common cauſe of the child's fretfulneſs ſo commonly attributed to hunger, is not, cannot, from what has been obſerved, be the general cauſe. There can be no doubt but

 that

that the uneaſy ſenſations a child muſt experience from a ſudden change of ſituation, expoſure to the air, the dreſs with which he is neceſſarily encumbered, and the free manner in which he is handled, and the cold which he gets ſo as to occaſion griping and uneaſineſs in the bowels, are ſufficient cauſes of uneaſineſs, independent of the too general and premature uſe of food, and which might very generally be avoided by averting and preventing as much as is in our power theſe diſpoſing cauſes, and which conſiſts in affording eaſe, warmth and quiet, and avoiding food, eſpecially ſuch as is improper.

Although I have, at ſome length, been endeavouring to point out the moſt ſuitable food and the manner of adminiſtring it from the child's birth till the mother's breaſt is ready for him, if ſuch food ſhould really at any time be wanted; yet in many caſes I am, as already obſerved, convinced it will be inadequate to the purpoſe. There remains however a method which will be more certainly ſucceſsful; which is; that whenever food may be neceſſary at this period, it ought to be ſupplied from a breaſt. It can rarely happen but that this may be obtained, either in town or country, from ſome relative, friend or other healthy woman, who will ſpare a ſufficient ſupply of ſuck 'till the mother's be ready; as the ſex, of all ranks, feel much

much for each other in this ſituation. It is needleſs to urge the certainty and propriety of this meaſure, and the effectual relief which it will afford; and ſtill leſs to point out the neceſſity of it, when all other kinds of food may have particularly diſagreed.

Before cloſing this ſubject, I muſt repeat; that from the foregoing arguments, confirmed by conſtant experience, I can confidently aſſert, that in all caſes, a child ſhould not receive food of any kind, not even from a breaſt, earlier than twenty-four hours after his birth; and that, in a general way, thirty-ſix or forty-eight hours will ſtill be preferable.

When a child is intended to be dry-nurſed, the *milk and water*, prepared as directed page 91, may be begun with and given, towards the end of the ſecond day, and continued; and if the child thrives well, it will be adviſable to confine him to it entirely, without giving any other food, except veal tea occaſionally, as hereafter adviſed, for the firſt, ſecond, or third month, or until his ſtomach will bear to take it with bread in it: when that will happen, can only be known by making the experiment; as ſome will bear it much ſooner than others. There can however be no occaſion, if the child does well, to make trial of the bread for the firſt or ſecond month; and when, at the end of the ſecond

month,

month, if a little bread is put in, and agrees, without producing any of the disagreeable, untoward symptoms of sickness, griping, &c. before enumerated, it may be continued, and increased in proportion as it seems to agree. Care is necessary in the choice of the bread: it should by all means be free from alum (which is sometimes put into the flour to make it white), which, from its strong astringent or binding quality, will be highly injurious: it should not be too fine, nor too coarse (although the former extreme is less to be avoided); the first, may make it binding; the latter, too loosening. The bread should be made with yeast, without butter, or any kind of seeds, and very light; so that, when mixed in the food, it may be as smooth and free from lumps as possible; which will induce most children to take it better, and it will be more likely to sit easy upon the stomach. Hard biscuits, commonly called *crackers*, are sometimes given; but they are heavy, owing to their being made without yeast, and not fermented *. Every sort of bread made with leaven is very improper for children at any age, as it is difficult of digestion, and is much

* This of all the sorts of bread, is the worst; being heavy and difficult of digestion. I have known instances where its free use has proved fatal; as evidently appeared by a fullness and obstruction at stomach, that could not be removed.

disposed

difpofed to turn four upon the ftomach.—When bread, of any kind, is put into the food, it ought to be boiled fufficiently in water firft, and the milk put to it afterwards without being boiled. When all forts of bread have difagreed with a child I have fometimes found that a piece of upper cruft boiled whole in water, and the water poured off clear and mixed with the milk, would agree very well. By this method much of the nutritive part of the bread is obtained, and is given to the child in fuch a manner as muft be moft acceptable and beft fuited to his ftomach and digeftion.—SUGAR will always, and at every age, be better omitted; as the bad effects of it will, during the ftate of childhood, ftill take place: and although its ufe may not always be attended with the fenfible bad effects of loofenefs with four green ftools, &c. yet it may affect the digeftion, and caufe an acidity or fournefs, in fuch a degree, without loofenefs *, as to injure the ftomach and bowels, and

* CHILDREN, as they grow older, generally have lefs of loofenefs from any thing that difagrees with the ftomach and bowels: fo that, at ten or twelve months a loofenefs is not always the criterion by which we are to judge of the difagreement of food; as fome children at that age, or earlier, will be coftive from the fame caufe which, at the birth, occafioned a fevere loofenefs.

To the Medical Reader.——A morbid acidity in the *primæ viæ* of grown perfons, and many children turned a year old, does

and prevent the food from affording the nourishment it otherwise would give. It vitiates the taste; and those children who are accustomed to it in their food, will seldom be brought to take any thing, willingly, that is not sweet; which makes them nice and particular in the choice of their food.—It palls the appetite, so much, that a great many children who are liberally supplied with it have weak, bad appetites; which last, united with the other bad effects produced by it, must make them puny, and prevent their growth and thriving.——It may be said that many children do well with sugar in their food, and suffer no sensible inconvenience from it: so it may happen: but as it so very frequently happens otherwise, and may do some harm, although not always in the most sensible and perceptible degree, is it not better,

does not always occasion a looseness; on the contrary it is often accompanied with costiveness. Its exciting a looseness in the earlier periods of infancy more than afterwards, may be owing to the extreme irritability (not morbid) of the intestines in children soon after the birth, but which seems gradually to lessen as they advance in age. Therefore, in weak stomachs, whether of adults, or many children turned a year or two old, where the digestion and assimilation of food of an acescent quality is, as it must be, imperfect, acidity must and does prevail; and from the corresponding weakness and inertia of the intestines, wanting also the proper stimulus of food duly assimilated, their action becomes inert and languid, and their expulsive powers diminished.

and

and more eligible, to avoid the riſque of any the leaſt bad conſequence from it, by entirely omitting it; as no good or advantage can attend its uſe; and the moſt that can be ſaid in its favour, is, that it is an indulgence, and that, a needleſs one?

There is a machine made of horn, or tin, in uſe with many for feeding children: it is ſo contrived that the child ſucks his food from it as from a breaſt. Some children will not, without difficulty, take their food with a ſpoon or boat who will take it more readily with this machine; upon which occaſions it becomes very uſeful; otherwiſe, it has no advantage over the ſpoon. I have known ſome children who took their food very unwillingly, and were much troubled with the gripes and a looſeneſs, when fed with a ſpoon, who took it more readily with this machine, and were freer from complaint; but which I diſcovered to be owing to their diſlike and the diſagreement of bread; as thoſe children took it greedily with a ſpoon, and were well with it when the bread was omitted or leſſened. As a child gets his food from this machine by ſucking, he has it thinner than when fed, with the food as it is commonly prepared, with a ſpoon.

If the food and manner of preparing it ſhould in every form diſagree with the ſtomach and

bowels, recourſe may be had to Naples biſcuit; which may be ſoftened down with a little boiled ſoft water and given with a teaſpoon. The biſcuits may be made of the ſhape of a finger, in which form a child will ſuck and diſſolve them in the mouth, occaſionally, without being ſoftened with water.—This is a compoſition that is found well adapted to a child's ſtomach and digeſtion: the proportions of flour, egg and ſugar, of which it is compoſed, are well adapted to form, without the aid of any fermenting leaven, a light ſubſtance, which like breaſt milk being compoſed of a mixture of animal and vegetable matter *(as explained in the account of the digeſtion of the food)*, becomes well ſuited at this time. Here the acid effects of the ſugar are counteracted by the egg. How far yeaſt might be ſubſtituted altogether or in part for ſugar, to make the compoſition light, I am not yet informed.—As this food is ſweet, a child may be induced to take too much of it at a time if ſome caution is not obſerved.---One objection to its uſe, is the expence: however there will ſeldom be occaſion for its uſe for any great length of time, as trials of the other food may any time be made, and repeated or continued as they appear to agree.

A CHILD, whatever he is fed with, ſhould never have more food forced upon him at a time

time than he is diſpoſed to take readily: for if he ſhould happen to overload his ſtomach, and not poſſet it up again, it will diſorder him, and he may ſuffer much from it. This ſtuffing, gorging and overloading of children with food, is an error as great and prevalent as any in nurſing. It is done with the laudable intention of promoting their haſty growth and thriving, and alſo to make them reſt better. Theſe are however miſtaken deſigns, as the contrary purpoſes are produced by them. If a child overloads his ſtomach at the breaſt (as often happens) he is relieved by poſſeting; but the poſſeting ſeldom happens with a child who is dry-nurſed, eſpecially when he gets bread; therefore, when his ſtomach is overloaded, he will ſuffer as much as a grown perrſon in a like ſituation; and frequent repetitions of the practice will have the worſt (and ſometimes fatal) conſequences.

NOTHING is more common than to give and even force food into a child when he is croſs, notwithſtanding he has been plentifully fed but a ſhort time, perhaps a few minutes before, and when his fretfulneſs is owing to the improper quality or undue quantity, or both, of the food already given. As the taking of food is the moſt neceſſary and powerfully inſtinctive act of an infant, he, when in pain from any cauſe, ſeems ſoothed and lulled while employing it; hence

while the ſpoon is in his mouth, he appears appeaſed, although his ſtomach is overloaded with food. When a child, who ſucks, is in pain from any cauſe, he will, if permitted, lay at the breaſt continually, and is never quiet but when ſo amuſed.

It is neceſſary therefore to be very cautious, ſoon after a child has had a reaſonable quantity of food, in giving him more, if croſs, although he ſhould appear to receive it greedily; as ſuch fretfulneſs may moſt likely be altogether occaſioned by uneaſineſs or pain from what he had before taken: and it will be better always to give a child rather too little at a time than too much, by giving a little and often. There is nothing that relates to the management of a dry-nurſed child that requires ſo careful an inſpection, and ſo nice and judicious a regulation, as the quantity and quality of the food, and nothing that is ſo generally miſconceived and ill-managed; no wonder therefore the conſequences are ſo often unfavourable!

Many perſons have a habit, in feeding a child, of putting the food firſt into their own mouths, with a deſign to bring it to a proper warmth.—Independent of indelicacy, it is improper, as the ſaliva of the perſon's mouth will be hurtful to the digeſtion of the food in the child's ſtomach; the ſaliva, being a neceſſary aid in digeſtion, and

can only be properly furniſhed by the mouth of the perſon who is to have the food.

I HAVE known many inſtances of children who have been dry-nurſed, whoſe food was prepared in the uſual way, of milk, bread, and ſugar, with, and without a proportion of water in it; who, notwithſtanding repeated medical aſſiſtance, have been brought to death's door by perpetual gripings with looſeneſs and ſour, green ſtools, and who have been reſtored by confining them entirely to the ſimple food abovementioned, with which, alone, they have been ſupported for ſome months, and have grown remarkably ſtrong and healthy; and when at any time, during that time, a little bread was, by accident, or otherwiſe, put in the food, the diſagreeable ſymptoms as certainly recurred, and continued till the bread was again left out. When bread diſagrees with children, I frequently obſerve them to have a diſlike to the food that contains it, which they take very unwillingly, although it be made quite ſmooth; and bread of every ſort is equally diſagreeable: however, although this is commonly the caſe, yet it may, and does ſometimes happen, that a child who has been accuſtomed to have bread in his food, will not willingly take it without ſomething in it which will thicken it: when it ſo happens, a little flour may be boiled in water, and the milk added to it after it is boiled; and,

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as flour is rather binding, it will be an uſeful addition for the preſent; and if, hereafter, it ſhould be proper to drop it, it may, moſt likely, be done by putting in a little leſs each time the food is made, till, at laſt, it be entirely left out. Childrens food is prepared in this manner chiefly, with flour inſtead of bread, in Paris; and that, very likely, from being found to agree ſo much better, which in general it certainly does, while they are very young.

From finding, in ſo many caſes, that the milk and water prepared in this manner had ſo much the advantage of the food made in the uſual way, I have been induced to prefer and adviſe it upon all occaſions, when a breaſt is wanting; and have repeatedly found it to anſwer moſt deſirably. However, I am but too ſenſible it is imperfect and falls ſhort of an exact imitation of breaſt-milk, and therefore of courſe may be expected, and will be found, ſometimes, inadequate to the purpoſe: yet, until ſomething elſe is diſcovered that promiſes, and is found by experience, to be better ſuited to the purpoſe, and that can be eaſily and univerſally obtained (for whatever is rare, or difficult to prepare or come at, will be far from anſwering a deſirable and general intention), it is juſtly entitled to an attention and preference.

I HAVE obſerved that ſome children, who take this food are ſometimes coſtive; and which is the only unfavourable effect I have obſerved it to produce: but as the effects of coſtiveneſs are much leſs to be feared than thoſe from looſeneſs, and as coſtiveneſs is always eaſily, readily and ſafely removed and prevented, it becomes an object of trifling importance; and if a child, who takes this food, ſhould at any time be inclined to be coſtive, a little manna, caſtor oil, magneſia, &c. (as hereafter directed, on coſtiveneſs) will always relieve it. A little chicken or veal tea * will be very proper for a child who is dry-nurſed and

* I HAVE of late, from ſome trials that I have ſeen made, had great reaſon to ſuppoſe that the broth or tea of veal is preferable to that of chicken for children. There are two ways of making veal tea: one is, ſcraping the veal with a knife, and pouring boiling water upon it. The ſecond is, mincing a piece of raw lean veal, putting it into boiling water, and boiling it five minutes; after which it ſtands until it be cold that the ſcum and fat may be taken off; and is afterwards warmed for uſe. Half a boat, or a boatful, will be ſufficient in general for a child to take in the courſe of one day. It ought to be freſh made every day; and the veal ought to be of the whiteſt kind, and newly killed.

To the Medical Reader.——It ſeems highly probable that the juices of the young of thoſe animals that feed upon milk, are more likely to prove acceptable to the ſtomach of a child, than thoſe of the animals, as the chicken, &c. that do not; or even than thoſe of the older animals, as the cow, &c. that may have formerly been fed upon milk; as the juices of young ſucking

and takes this food, and may be given now and then, occaſionally and particularly when the food ſeems to diſagree, either by cauſing a ſickneſs with or without throwing up (ſee ſickneſs); or coſtiveneſs; both which the broth or tea is, in a particular manner, calculated to relieve; and a little of this tea added to the milk and water approaches as near to, and produces as cloſe an imitation of, the quality of breaſt-milk (the ſweetneſs excepted) as perhaps is to be obtained by a familiar artificial compoſition: but, as preparing the tea and mixing it with the milk and water conſtantly, would, in many ſituations, be attended

ſucking animals muſt be conſidered in a ſtate approaching nearer to milk than thoſe of other animals that do not derive their ſupport from milk; and theſe juices, as partially extracted by ſlight boiling, appear to be no other than milk ſomewhat more elaborated, aſſimilated, or animaliſed. Theſe ſuppoſitions ſeem much ſtrengthened by the following experiments.—Three ounces of raw, lean veal, cut very ſmall, was put into a pint of boiling water, and boiled five minutes. The ſame quantity of raw, lean beef, was treated in the ſame manner: as alſo a like quantity of the fleſh of a young, though full grown fowl, ſkinned. The broth (or *tea*) of theſe were ſeverally poured off from the fleſh, and, when cold, were filtered. They were then, in phials, placed in a water bath of about the warmth of animal heat, or 100 degrees of *Fahrenheit's* thermometer. To each was put half an ounce of the infuſion of *runnet*, or *calf's ſtomach*, in water, paſſed through a rag. (The infuſion is as limpid as water). When the phials were examined an hour or two afterwards, that with

attended with trouble and difficulty, and as it is not always needful to be done conſtantly, a very good purpoſe will be anſwered by giving the tea now and then, when convenient, alone and by itſelf, at intervals with milk and water; obſerving, to be more exact and careful in giving it at thoſe times the child happens to be coſtive, has a looſeneſs (as is equally proper in both) or ſickneſs, or is any way diſordered in his ſtomach or bowels.

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with the veal tea had a light-coloured ſediment, with diſtinct particles of the ſame matter floating in the ſtill tranſparent liquor, but which ſoon ſettled to the bottom. This matter upon a ſlight motion of the bottle floated in the liquor, without uniting with it, and had the appearance of a fine *curd*.—The teas of the beef and fowl remained unchanged: I therefore put to each two drams more of the infuſion of the runnet, which however in an hour or two more produced no alteration in them: two drams more were then added, when a ſediment and ſeparation took place as with the veal tea, but in a trifling and much leſs quantity. I then put in half an ounce more of the infuſion; after which the ſeparation was as copious as from the veal tea. The fowl tea was treated in exactly the ſame manner with the beef tea, and the effects produced were preciſely the ſame. The ſediment of the veal tea was very light; that of the beef leſs ſo; and that of the fowl ſtill leſs, as it had more of a mucous appearance than either of the others. None of them diſcovered any ſigns of either acidity or putrefaction, although kept many days afterward in tolerably warm weather.

From theſe experiments, it appears, that if we can admit, or ſuppoſe, that there is a ſimilarity between the juices of the

As the good or bad succefs of every experiment or trial that is made muſt, upon all occaſions, depend very much upon the manner in which it is conducted: ſo, in feeding a child with the milk and water, if due care is not obſerved in the preparation and manner of mixing and giving it, it may diſagree, and become as improper as any other kind of food. The proportions of the milk and water above-named are, one part milk, and two parts water: for if one part milk, tolerably good, and two parts

ſtomach of a calf and thoſe of an infant; and it is probable they may not differ much; we may conclude, that the juices of veal, thus extracted, will be more readily acted upon by the ſtomach of a child, and conſequently eaſier of digeſtion, than thoſe of beef or even fowl. This might, however, be determined with greater certainty, where an opportunity offers of making the experiment *cum ſuccis ventriculi infantilis, extra corpus.*—The *runnet* in theſe experiments acted upon the broths in the *ſame* manner that it acts upon milk; and produced a change ſomewhat ſimilar to what happens in the ſtomach, eſpecially of an infant, that is prepared for and adapted to the digeſtion of milk, and where that digeſtion may be ſuppoſed to be accompliſhed in part and in the firſt inſtance (as obſerved in the note to page 81) without the aid of fermentation. Veal tea has too much of the animal quality in it to be the ſole food of an infant; but, on that account, appears, and is, well calculated for removing and preventing the acidities ſo frequent in dry-nurſing, when occaſionally given: the advantages that attend its partial uſe are very conſiderable; as it will act both as a curative and preventive, and alſo becomes a moſt ſuitable and deſirable food.

water,

water, are mixed together, they become of nearly the consistence, and look like, breast milk (and if properly sweetened could scarcely be distinguished from it by the taste): so that these proportions must, without doubt, be the most suitable, and are the most likely to agree with a child at this time.

As the quality of milk varies much, it being sometimes to be had very good, and at other times but very poor and thin, the proportioning of it with the water must, in some measure, be left to the discretion of the person who does it. There is a rule, however, in doing it, that ought invariably to be observed; which is; to be careful to make it thin enough, and not exceed the proper proportion of milk, especially at the beginning and in the first month; for if too much milk is put in, it will make the food heavy of digestion, which will clog and cloy the stomach, and may be attended with indigestion, costiveness, with pasty stools; or a griping, with frequent stools, small in quantity, and frequently curdled and resembling curds and whey; or a sickness and oppression at the stomach, with, or without throwing up, but most commonly without (see the article sickness). Therefore without an exact observance of the rules and precautions, in mixing and giving the milk and water, as here and above described, the proposed benefit and

advantage from it muſt not be expected, cannot be obtained: for, as above obſerved, it is not the doing a thing, but the manner of doing it, that muſt enſure ſucceſs. This caution, in proportioning the milk and water, ought to be ſtrictly obſerved, remembering, that it is much ſafer to be under, rather than exceed the proper quantity of the milk; for as nurſes, or thoſe who feed children, are liable to err in putting in too much milk, by way of making the food, what they ſuppoſe *good enough*; it will happen, that to avoid the riſque of *ſtarving* them, they may literally, and as it is proverbially expreſſed, *kill them with kindneſs*. For inſtance; if a child is fed with milk as it comes from the cow, or with a third part water in it, or perhaps even one half part water, it will very likely diſagree, as will appear by ſome of the unfavourable ſymptoms, juſt mentioned, coming on; and, if conſtantly continued, may cauſe the child's death; and from which nothing can reſcue him but ſuch an uncommonly ſtrong conſtitution as falls to the lot of a very few: whereas by reducing it properly with water to ſuch a conſiſtence as may adapt it to the tone, ſtrength, and powers of the ſtomach, and ſuch as it is by nature prepared and diſpoſed to receive, it may be expected, and will be found to agree

with

with the major part of thoſe children to whom it is given.

A STATE of childhood, and a ſick bed, are the only ſituations in life that are denied the refuſal of diſagreeable and improper things, notwithſtanding they may be called *good things*. The ſick man has little better chance of avoiding taking what he diſlikes, and is injurious to him than the infant; for, although the latter can make very little oppoſition, and is compelled to ſwallow every thing at the pleaſure of his nurſe, while his mouth can be forced open; the ſick man is in a ſituation very little better, as he is as certainly teazed into a compliance with the requeſts of his friends, by repeated petitions and entreaties. By *good things*, in the diet, is commonly underſtood, what are the moſt ſcarce, coſtly, rich, and ſtrong, of their kind: and many would ſuppoſe themſelves negligent in their duty if they did not get all the *good things*, that their addreſs or pockets could procure for their children or ſick friends.

I CANNOT help repeatedly deploring that, upon this, as on other ſimilar occaſions, the baneful influence of prejudice and cuſtom is ſo difficult to overcome, howſoever apparently advantageous the change may be in the reſult. This difficulty is chiefly ſupported and increaſed by nurſes, who, it is well known, are not "over fond" of

of being put out of their way, and who ſeldom, willingly, ſubmit to be directed, in occaſions even of urgent neceſſity, if they ſuppoſe it is in a department which falls under their own immediate direction. It appears to be this jealouſy of their ſuppoſed rights and privileges that makes them ſo tenacious of them, and ſo zealous in preſerving them from infringement: or, it may ariſe from a miſtaken and falſe conception they form of their own merits in their profeſſion; in thinking, that to have occaſion to receive advice from another, will betray a want of knowledge in themſelves *. Medical men are ſeldom allowed, or as ſeldom care to interfere in this, or ſuch other like trivial matters as they have been thought (although they are

* See page 18; where although it refers to the improper management, by nurſes, of lying-in women only, yet the cenſures there paſſed upon them are equally applicable in their conduct to infants, over whom they conſider themſelves as having entire dominion, and from whom they can meet with no reſiſtance; whereas the mothers will ſometimes, from their own opinion, confirmed by the advice they are willing to receive, conſult their own eaſe and ſafety; whilſt the poor infants, from not having the power and ability to enforce a negative, are compelled to ſubmit to every thing that ignorance and bigotry impoſes upon them.

I do not mean to apply theſe cenſures to all nurſes indiſcriminately; no doubt many have ſenſe, good-nature, and feeling enough to act otherwiſe; but as it is a picture that may

are really of the utmoſt conſequence); being deterred from, or deſpairing of ſucceſs in, the attempt; or, finding, perhaps, acquieſcence and compliance to be more political than an opinion urged: but, as ſuch a deportment becomes a chain thrown acroſs the road to improvement, attempts ought to be made to remove it; and which might be done compatible with their own *real* dignity; which could not fail in the end of being acceptable to the public; and which would be more laudable and candid than ſuffering an intereſted ſervility or *falſe* dignity to preponderate againſt the calls of duty to their friends in particular, and the benefit of the community in general.

THERE will ſeldom be any occaſion to vary or alter the proportion of the milk and water,

may be taken, but too often, from nature, I ſhould not acquit myſelf as a faithful hiſtorian, did I not draw it juſtly, and give it its proper colouring, for the purpoſe of adviſing the unwary and uninformed of what their own knowledge and experience cannot inform them. There are abuſes in every profeſſion and calling, which are (and it is proper they ſhould be as the likelieſt means of removing them) daily expoſed, which thoſe who do not merit them, although they feel the juſtneſs of the reflections, feel no reſentment at: ſo thoſe nurſes who do credit to their calling, and do *not* deſerve the cenſures here paſſed upon their profeſſion, ought not, cannot be offended at them, as the intention of ſo doing is a public good: and they who deſerve them, may, I hope, ſee their error, and be benefited by it.

if

if it agrees with a child, the firſt month. In the ſecond month however, if a child thrives, and is luſty and ſtrong, the water may be decreaſed, from two parts, to one half, or nearly ſo; which will make the food half milk and half water: it will be adviſable, at all times, to be careful not to put in too much milk, which may make it heavy of digeſtion, and may, as has been already obſerved (page 115), clog and cloy the ſtomach, which will be attended with diſagreeable conſequences (see ſickneſs); whereas a trifling error in the over proportion of water can do no harm, and which makes it the ſafer ſide to incline to.

AS it ſeldom happens that a child is ſo regular in his body when dry-nurſed, as when he gets the breaſt; it will be needful to attend to that circumſtance: if he be *coſtive*, half a teaſpoonful, or more, of *manna* may be given, diſſolved in a little warm water, or in the food; and repeated as often as there is occaſion. As manna is one of the gentleſt purgatives we are acquainted with, and pleaſant to the taſte, it becomes very proper and well ſuited to this occaſion: however, if there ever ſhould be any difficulty in getting a child to take it, a teaſpoonful of caſtor oil; three or four grains of magneſia; or a little ſenna ſtewed with a few

prunes,

prunes*, will, any of them, anſwer the purpoſe very well, and be very ſuitable; although the effect of them will not always, perhaps, be ſo permanent and laſting as that from the manna. *Rhubarb*, is not ſo proper upon this occaſion: for although it may anſwer a preſent purpoſe, by giving a ſtool or two; yet it leaves the body coſtive and bound afterwards. It is very common to give it upon this occaſion; but, for the reaſon here aſſigned, it is not a fit or deſirable medicine †.

WHEN a child is too looſe in his body, it will be adviſable to check the looſeneſs: the means to be taken for that purpoſe are fully explained hereafter (ſee gripes and looſeneſs). A

* As much ſenna as can be held between the thumb and two fingers may, with three or four prunes, be ſtewed for half an hour in as much water as will leave about a ſmall teacupful of liquor when poured clear off; of which a young child may take three or four teaſpoonsful every two or three hours, until a looſe ſtool is procured.—This is more powerful than the other medicines here named, and may therefore moſt properly be given when the others fail of anſwering the intention.

† COSTIVENESS is not attended with much danger, as it can always be readily relieved, and which it ought to be, as often as it happens, by ſome of the means abovenamed: but if it ſhould happen that no kind of medicine can be got in, which ſeldom is the caſe, it will be neceſſary to have recourſe to a *glyſter*; which may be made of new milk, with a little brown ſugar in it, and given milk warm.

child can never be ſaid to have a looſeneſs, or ſuch a one as need be ſtopped, or even checked, while his ſtools continue of a proper conſiſtence and are not inclined to be thin and watery; as children, who have good appetites, and plenty of ſuch kind of food as agrees with them, will commonly have three, four, or more ſtools in the courſe of twenty-four hours, when in the moſt perfect health.

By a proper attention to the food, &c. children who are dry-nurſed will generally do very well: caſes will, however, notwithſtanding every precaution, now and then happen where they will not thrive ſo well, or at all, without a breaſt: but that is never to be diſcovered until a trial of food has been made; and there ſeldom or never can be any impropriety or harm in making the experiment. The length of time proper for a trial of food to be made can no way be preciſely aſcertained or limited in this place, but muſt depend entirely upon the circumſtances of the child's health and ſtrength. When a child is, at his birth, weak, or ſickly from any cauſe, ſuch as, being born before he is at the full time; from being weak and puny when born, although at the full time; or, from a diſeaſe which he may happen to labour under, as a looſeneſs, &c; three or four days or a week may be as long as it will be prudent

prudent or adviſable to make the trial, if it appears not to agree. But when a child is, at his birth, healthy, and has ſtrength, the trial of food may continue a week, or a fortnight, or even three weeks: a longer delay, in either of theſe caſes, may, if the food does not agree, ſo far reduce the child as to riſque his life; and may alſo prevent his taking to the breaſt afterward. If the food agrees the firſt, ſecond, third, and fourth weeks, it may be reaſonably expected to do ſo ever afterward.

BEFORE I entirely quit this ſubject of diet, it may not be amiſs to remark, that ſhould it be ſaid, many children do well with dry-nurſing upon the uſual food, and therefore there is no occaſion to alter it: I do not heſitate in acknowledging, that ſuch inſtances are to be met with; yet cannot allow them to be common, or frequent; on the contrary, they are, by daily experience, proved to be very rare. I have no doubt, in declaring, as I do it from experience, that food, prepared in the manner here recommended, has greatly the advantage of that made in the uſual way; and that many children will do very well, in dry-nurſing, with this, who will not do at all with the other; as many, whoſe lives have been in imminent danger from its effects, have been reſtored by this, with little, and often no other kind of aſſiſtance. Thoſe

who, from prejudice, or any other caufe may ftill be inclined to favour the ufual mode, may; when that appears not to anfwer their wifhes, be induced to vary it, by adopting and making trial of this: it has fome qualities which will always encourage and promote its ufe; which are; that it is fimple, and eafily tried; it cannot poffibly be attended with the leaft bad confequence; and, it may be fafely declined at any time if it fhould not anfwer.

THERE is oftentimes a good deal of difficulty in getting children to take the breaft, and which may happen from different caufes; the moft common feems to be, bad nipples; which, from their fmallnefs, or unfavourable fhape, a child cannot eafily take hold of: in which cafe they muft be well and frequently drawn by an older child, or the mouth of a grown perfon; or by a glafs: but the mouth of an older child particularly, does it moft effectually, and is to be preferred. Sometimes the breafts are fo fwelled and diftended as to bury the nipples; and if the nipples are even eafy to take hold of, yet the breafts, in that fituation, are oftentimes hard and difficult to draw: upon this occafion the breafts muft be repeatedly drawn until they be

be ſoftened. The breaſts of ſome are much eaſier to draw than thoſe of others; and it is very uſual for one breaſt to be eaſier to draw than the other, of the ſame perſon.

THE liking that children ſometimes take to one breaſt more than the other, is not eaſily accounted for; as, it often happens, that they repeatedly refuſe one, and cannot be even brought to take hold of the nipple by any means or pains that can be taken with them for that purpoſe. Some refuſe attempting to take hold of either of the nipples of one perſon, who will readily catch at both the nipples of another: but when this happens, it is commonly the mother's breaſts that are refuſed, and thoſe of another perſon, who has been a nurſe ſome time, that will be accepted: by which it may be reaſonably concluded, that a child's objection to taking one or both of his mother's breaſts may be owing to their not having been drawn before by a child; and that there is a particular flavour or ſomething in the touch or feel that is communicated to the nipples by the ſucking of one child, that induces another ſo readily to follow him; as the ſame diſlike and refuſal will frequently continue although the breaſts have been repeatedly drawn by a grown perſon. Therefore when the child's refuſal of one or both breaſts continues, ſome time, it will be

advifable

advifable to get another child to draw them a few times.

THIS difficulty, which now and then happens, of getting a child to take the breaft freely, fometimes becomes a caufe of uneafinefs to the mother; and her anxiety and pains to accomplifh it makes her hurry and fatigue herfelf more than, at this time, is confiftent and advifable, and fhe needs do: for fhe may be fatisfied that, although he may not at firft readily take to the breaft, yet there can be little doubt that he will take it in a little time: fhe may alfo be affured, that if he will take one breaft, he will be brought to take the other, although he refufes it for the prefent; and fhe muft not give it up, but have the breaft drawn, two, or three times a day, to preferve the fuck in it, which might otherwife go away. And fhe may likewife be as well affured, that although the child for fome time perfifts in refufing both her breafts, yet if he will fuck thofe of another perfon, he will as certainly be brought to take hers when they have been properly drawn by a grown perfon, or, particularly, by another child, as above mentioned. Thefe difficulties occur moft frequently of the firft child, and gradually leffen on future occafions.

A CHILD's being tongue-tied will impede and hinder his fucking freely; when that happens, he

may

may be obſerved to loſe his hold very often, and, when he draws the breaſt, he frequently makes a chucking noiſe. Upon this occaſion the mouth muſt be examined, and the tongue ſet at liberty, by cutting a ligament or ſtring* which will be found to confine the tongue down to the lower part of the mouth; and which is done by the ſurgeon with little or no pain to the child, who will commonly take the breaſt immediately after the operation without any farther inconvenience to him; and there never is any danger to be apprehended from bleeding, or any other conſequence of the operation. One out of three or four children are tongue-tied, more or leſs: it will be adviſable therefore to examine a child's mouth, as well with a view to his ſucking, as to prevent any future defect in ſpeech, from this cauſe, by giving it proper liberty.

Among the number of cauſes, that of a want of milk or where there is but little, is not, when it happens, the leaſt frequent; as a child will ſeldom take much pains when the reward of his labour is trifling and unſatisfactory.—If a child is put to the breaſt the firſt or ſecond day, he may not, if he is a weak child, have ſtrength enough to ſuck, eſpecially if the nipples and

* Dr. Young of Edinburgh invented an inſtrument on purpoſe for performing this operation, and which is admirably well calculated for it.

breaſts

breaſts be unfavourable, and which they very frequently are until they have been once or twice drawn.—Some children ſeem, without any apparent cauſe, naturally diſpoſed to ſuck much better than others. It might be ſuppoſed, as ſucking is the moſt particularly inſtinctive action of any we are capable of, and ſo eſſential at that age, that few or no children would be defective in it; yet ſome are very ſhy about beginning, and are never very perfect at it. A caſe fell under my obſervation of a child, who in every reſpect was perfectly formed, and was remarkably ſtout and healthy, who never ſhewed the leaſt inclination or diſpoſition to ſuck, notwithſtanding every means that could be thought of, to induce him to it, was tried.

WHEN the mother or nurſe has milk enough to ſatisfy the child, there can be no doubt that it will be beſt to confine him many months entirely to the breaſt, as no other kind of food is ſo proper, and whatever elſe is given may happen to diſagree: but, if by accident (as it may, and often does happen that) from indiſpoſition of the nurſe, or child, there may be at any time a neceſſity to give the child medicines, or to wean him either totally, or in part, there will be

be often a great deal of difficulty in getting him to take food or medicine, if he has not been accuſtomed to a ſpoon. To make feeding with a ſpoon or boat, therefore, familiar to the child, in caſe there ſhould be a neceſſity for it, it will be very adviſable to accuſtom him now and then, when about three or four months old, to take a little food. Aſſes' milk, or milk and water, will be the moſt proper for this purpoſe.

When the mother, or nurſe, has not milk enough to ſatisfy the child, he may be fed at intervals, as often as there is occaſion, with aſſes' milk, or milk and water, to ſupply the defect *. If he is three months old, a little bread may be tried in the milk and water. Naples biſcuit, or little flourery potatoes ſoftened with thin milk, may occaſionally be given, and will be generally found to agree very well.

It is a cuſtom with ſome, or rather in ſome places, to endeavour to confine children to regular times of feeding, either with the breaſt, or a ſpoon; which is very deſirable to the nurſe, as it makes it very comfortable, eaſy, and often

* I have ſeen children that would not be contented and ſatisfied with ſuck alone (although they got plenty of it), without being fed with other food, as they clearly expreſſed by their reſtleſſneſs until they conſtantly got it: but this has *always* happened with children that were uncommonly ſtrong and luſty, and is a rare and ſingular occurrence.

convenient to her, and is no disadvantage to the child when it can be accomplished, and which it sometimes may with quiet, healthy children; but it is done with difficulty with those who are cross from any cause.

OF AIR, EXERCISE, AND WASHING.

IT has been already observed (see pages 49 and 53) that a state of *rest* and *quiet* during the first month is proper and necessary for an infant; as, likewise, *warmth*: yet although they are, at that period, so essential, they must not, hereafter, be so much and so constantly indulged, but must be declined at a proper season, and by suitable degrees. It is scarcely possible to fix the exact times when these changes are to take place, as so much must depend upon seasons, and childrens health and constitutions: however, we may venture to repeat the propriety of enjoining rest and warmth, as most safe and advisable during the first month, in all situations, and upon every occasion.

At the expiration of the month, if the weather be moderately warm, the child may be taken from his own room into any part of the house; taking care that every part of the body and limbs be

be well wrapped and defended from the cold, except the face; whereby he will have the benefit of breathing the fresh air, without much risque of taking cold, which children are very subject to do upon their first going out; and which appears by a sneezing, a stuffing in the nose, a cough, or griping and looseness.

At this time a little exercise may be given by a gentle and even motion of the nurse's arms, increasing it by degrees, that the child may gradually get quit of the apprehension and fear which infants so sensibly show at quick motion. If there is no real necessity for the child's going out of doors, it will be better to pursue this plan within doors the greatest part of the second month, adding a little, by degrees, to his exposure to the air, and his exercise, during that time. Towards the expiration of the second month, if it be in summer, and dry weather, the little stranger may be ushered into the open air, to acquire by slow degrees, a familiarity with every thing he will, in the common course of nature, have to encounter.—If it should be in winter, or a cold season, it will be much better to keep the house until the weather becomes milder and more favourable; as the risque of cold will overbalance every prospect of advantage that can be expected from going out in a rigorous, unfavourable season.

The exercise in the arms may now be increased, and which the child will by degrees seem to relish and be fond of. There is a caution in giving exercise which ought to be particularly attended to: many nurses have a habit of laying children across the lap; and, by the motion of the knee, to shake them, and that sometimes violently, and even so as to make them rebound from the knee: it is also sometimes done with a view of quieting them when they are cross. This practice, from what has been observed, with very young children, in the month especially, is far from being consistent and right: it will undoubtedly *quiet* a cross child *sometimes*; but which is effected by a lesser pain being removed by a greater; which surely can be no recommendation to it. I have been witness to the bad effects of this violent agitation and concussion, where very alarming symptoms were produced by them: and I have no doubt, where they are practised, children suffer very frequently when the cause is not known nor suspected. The symptoms which I have observed to happen, in consequence of this practice, were, a sickness, and uneasy breathing, with a constant moaning and complaining, as if there was a fixed pain in some part; sometimes a costiveness. I have also observed it to occasion a starting and enlargement of the navel. As this practice is liable to be attended with much danger,

ger, it is better entirely omitted: as much exercise as is wanted may be given in the arms, which is the moſt ſuitable method.

THE nurſe or ſervant who carries a child about, ought to be careful to change arms; that is, to carry the child ſometimes in one arm, ſometimes in the other; and which they will ſeldom attend to without frequent admonition, as one arm becomes more familiar and eaſy to them than the other: a nurſe who gives ſuck with one breaſt only, will be very liable to do ſo.—This is not a needleſs or trifling precaution, as a child may very eaſily become crooked by being confined to one poſition, eſpecially upon one ſide. Some nurſes, through indolence, have a habit of carrying a child under the arm, as it is called, and which they do, by reſting the hand upon the hip, and flinging the child acroſs the arm.—Children frequently become crooked with careleſs nurſes, eſpecially thoſe who are puny and inactive, from theſe cauſes; and if they eſcape a diſtortion of the ſhoulder or back, one of the hips is often flattened and made lower than the other by conſtant preſſure upon the ſame part in one poſition; and although it may not occaſion or ſhow much deformity in men; yet in the other ſex it is, from their manner of dreſſing, very plainly diſcovered to injure the ſhape, and may be hurtful in other reſpects. Young girls are not very proper

to

to be entrusted with the exercise of a child, as they are seldom so careful and diligent as they ought to be, and often have not strength sufficient for a stout, active child, and one who is about getting to his feet.

Cradles, are used sometimes for the sake of the exercise they afford; but much oftener for convenience. This mode of exercise, however, has its improprieties, and some disadvantages attend it which seem to overbalance the supposed benefit from exercise; and these are: a cradle can scarcely be ever so regularly warm as a common bed, and an air is produced by rocking: there is an impropriety in the *motion* of a cradle in the first, second, or third week: those children who are rocked in the day will seldom sleep well in bed at nights, and some will not rest at all except they are kept in the cradle in the night to be rocked occasionally. *Cradles*, when considered altogether with respect to the advantages to be derived from the exercise they afford, become needless, when as much exercise (and of a more suitable kind) may be given in the nurse's arms in the day as will be quite sufficient: exercise, also, seems more proper awake than sleeping. These arguments, independent of the inconvenience of a cradle where there is not a proper nursery, will outweigh every other benefit. If it should be said, that cradles are sometimes found

necessary

neceſſary to quiet croſs children; it may be obſerved. that as cuſtom is very prevalent, ſo, if ſome pains is taken with a croſs child to get him to reſt quietly in bed without rocking, it is worth while, for the reaſons now offered, to be at ſome little pains in making the experiment; when, if it ſhould not anſwer, the cradle may be had recourſe to as the *dernier* or laſt reſort: but, when a child has been once accuſtomed to a cradle, it will be a difficult, not to ſay impracticable, taſk to wean him from it, whatever may be the neceſſity of ſo doing.----It is worthy of remark, that children who have not been accuſtomed to a cradle, will generally reſt as well or better without, than with one.

A CRADLE expoſes a child to external injury, more eſpecially when placed below ſtairs in a parlour, kitchen, &c. from any thing falling upon it: and we have ſometimes heard of ſerious injuries being ſuſtained from the acceſs which miſchievous domeſtic animals have had to the lower part of a houſe. A cradle is liable to be placed in any ſituation, at the fancy or inconſiderateneſs of a ſervant: and I have too often obſerved a cradle ſo near a large kitchen fire as to ſerve, in part, the purpoſe of a haſter; the conſequences of which have been proportionally diſtreſſing and fatal.

If a child is put to bed at a certain hour in the evening, from his birth, he will very ſoon acquire a habit of going to reſt for a great part of the enſuing night, if nothing ails him; and which therefore becomes a deſirable habit and worth ſome pains in the acquiſition, more eſpecially with thoſe children who ſleep much in the day and are wakeful at night.

The regular and conſtant warmth that was ſo eſſentially neceſſary for children, both in and out of bed, the firſt and even ſecond month, will become leſs ſo hereafter; and it is proper they ſhould be gradually accuſtomed to be kept cooler; but the degrees by which this is to be done muſt depend ſo much upon the childrens health and conſtitutions, the ſeaſon of the year, and other circumſtances, that it cannot be, here, determined how, when, and by what degrees it is to take place: however there is no doubt, when all circumſtances favour it, that a child's ſleeping in a *crib*, or any other contrivance of the like kind, and by himſelf, is preferable to being in a bed, and with another perſon; and when he begins this practice, he ought to continue it conſtantly, and regularly, in all ſeaſons, and upon all occaſions. This practice is ſcarcely ever adviſable earlier than the third or fourth month, although all circumſtances ſhould favour it: after that time, it may be begun with whenever

it

it ſeems ſuitable, and when the child can be brought to take to it. A mattreſs is to be preferred to a feather bed on this occaſion; and as children are ſubject to wet their beds, they may with great propriety be filled with chaff, which, although a homely expedient, is to be preferred to the others of hair or flock; as the former are more readily dried, and can be renewed without trouble or expence.

Washing with *cold* water, every morning previous to dreſſing, is very conducive to health: it acts as a general bracer and ſtrengthener. This waſhing ought to be (as it generally is) practiſed from the birth. For the firſt three or four days, or a week, it will be better to have the water a little warm (ſee page 43) to prevent the child's taking cold: the warmth of the water may be gradually and daily leſſened; ſo that at the expiration of the firſt or ſecond week it may be quite cold; and in this ſtate muſt, with the hand, be poured freely and copiouſly upon every part of the body, ſo as to anſwer the purpoſe of bathing. If the child is completely bathed or immerſed in water, it will generally be leſs painful than the waſhing; which, with its being more expeditious, may, on many occaſions, give it the preference. The modes will be beſt determined by the effects upon the child. There may be ſeemingly a hardſhip and ſeverity in this mode; but which cuſ-

tom ſoon reconciles, and makes ſo familiar, that the children do not ſeem ſenſibly affected by the ſhock, when it is done conſtantly, completely, and without intermiſſion; for if it is done only now and then, or imperfectly, it will be the greater hardſhip when it comes again to be done completely: nurſes or ſervants will ſometimes, from indolence, or a miſtaken lenity, neglect it; and therefore ought to be now and then looked after. It is ſcarcely neceſſary to obſerve that the child ought to be wiped dry after waſhing, before he be dreſſed: the rubbing of the body and limbs with a towel, is conducive to health, as it is a good and ſuitable exerciſe.

VERY few of the complaints to which children are liable will forbid this practice of daily waſhing with cold water, except when they are uncommonly ſevere and in the extreme: perhaps, the peripneumony or aſthmatic affection (hereafter treated of) is the only one wherein it may be improper, as cold bathing is found not to agree with complaints upon the lungs; therefore, upon ſuch an occaſion, the water may be warmed.

COLD bathing, or waſhing, is of the utmoſt ſervice to children, particularly thoſe who are puny and weakly, and which nothing can exceed or equal as a bracer and ſtrengthener: it ought not to be omitted with thoſe who are healthy, ſtrong,

ſtrong, and thriving: it will, with all, be a means of encouraging and promoting health and ſtrength, and of preventing many complaints which, from weak habits and conſtitutions, children may be liable to: it ought to be practiſed, without interruption, in all ſeaſons, and may be continued for ſome years with great advantage.

OF A HIRED WET-NURSE: HER DIET, EXERCISE, &c.

A FEW cautions are proper to be obſerved in the choice of a hired wet-nurſe, in large towns, more eſpecially, for very obvious reaſons.

THE firſt inquiry very generally and properly made, is, her general as well as private character, from ſome perſons of character; by which it may be known whether ſhe and her huſband (if ſhe be a married woman) are ſober, virtuous people, or bear ſuch a general good character.——She ought to be healthy, and free from any infectious complaint: care ſhould be taken to avoid a nurſe who is in a conſumption; as there appears to be a greater riſque of a child's imbibing that diſeaſe, than any other the human body is *naturally* liable to: although a tendency only, that way, need be no ſerious objection.—A woman is to be

be preferred who has had more than one child; as, on that account, ſhe will, moſt likely, have a greater flow of milk, and, that, of longer continuance.—A woman who has had more than one child will be better qualified by experience to take care of a child.—The number of children ſhe may have had is not of much importance, provided her conſtitution is good and not impaired by it: no doubt, a young woman is to be preferred, when ſhe is in other reſpects ſuitable and qualified. A very material circumſtance to be attended to in the choice of a nurſe is, that ſhe has plenty of milk; to diſcover which, it will be neceſſary, ſometimes, to ſee her more than once; as ſhe may have more milk at one time than another; and which may happen either by accident or deceit; as it is not uncommon to find nurſes who will retain their milk for ſome time before they offer themſelves, that they may appear to have a great deal. Children often ſuffer conſiderably when they have not plenty of ſuck, as it ſubjects them to be fed with whatever the nurſe may be diſpoſed to give them, and which cannot always be readily diſcovered when they are nurſed from home *.

A NURSE

* As it ſeldom happens that children have juſtice done them when either wet or dry-nurſed from home; it will be adviſable, if poſſible, to have them at no greater diſtance than where they may be often ſeen; which may keep the nurſe

A NURSE ought to give ſuck with both breaſts*; and ought alſo to have good nipples; which are very deſirable, as they enable a child to ſuck with much eaſe and advantage to himſelf.

CARE muſt be taken that the nurſe does not give ſuck to her own child after this time; and

nurſe upon her guard conſtantly, and be a means of preventing any negligence on her part: this will be always adviſable, except upon particular occaſions, and where the fulleſt faith and confidence can be placed in a nurſe, from former experience. This negligence of hired nurſes has long been a ſubject of complaint. A phyſician of great eminence, who lived in the reign of king *William* and queen *Mary*, and who attended the perſons of their Majeſties, in a treatiſe of the diſeaſes of children, when ſpeaking of the neglect of nurſes in the neighbourhood of *London*, ſays: "To the ſame cauſe "was owing an obſervation which was made not long ago "by a worthy divine, rector of a pariſh twelve miles from "*London*, who with great grief of mind told me ſeriouſly, "that in his pariſh, which was not either ſmall in its bounds "or number of inhabitants, and was ſituated in a very whole-"ſome air, was, when he firſt came to it, filled with ſucking "infants" from *London*, "and yet, in the ſpace of one year, "that he buried them all except two, and one of his own, "who, being weakly, he had committed to my care from "his very birth; and that the ſame number of ſmall infants "being ſoon twice ſupplied, according to the uſual cuſtom "with hireling nurſes, from the very great and almoſt inex-"hauſtible city, he had committed them all to their parent "earth in the very ſame year." *Dr. Harris's Treatiſe on the Diſeaſes of Children.*

* See page 133.

that

that (to prevent it) he be entirely weaned, or put to nurſe with another perſon; as very few women can have milk ſufficient for two children, or attend them in other reſpects as they ought to do.

COUNTRY women are to be preferred, as not only being healthier than thoſe in towns, from their diet and regular manner of living; but, from being much more likely to have plenty of milk. The ſooner a nurſe is had after her lying-in, the better; as her milk will then be in the greateſt quantity, and likely to continue plentiful for a ſufficient time.

A CIRCUMSTANCE not always attended to in a nurſe, is, her diſpoſition and temper of mind; which ought to be mild, and not ſubject to be agitated by ſtrong paſſions. It is commonly, and very juſtly obſerved, that grief has a ſenſible effect upon the milk, in cauſing it to diſagree with a child: a haſtineſs of temper, accompanied with rage and paſſion, will produce the ſame effect. This is eaſily accounted for; as nothing more readily and ſenſibly affects the ſecretions than ſtrong paſſion from grief, rage, or any other cauſe: the milk therefore, as being a ſecretion, muſt, and does, ſuffer in ſuch a manner as to produce an apparent bad effect upon a child who takes it ſo circumſtanced. A woman

of

of good temper is alſo to be wiſhed for, as ſhe will be likely to be careful of the child.

The nurſe's own child at her breaſt will afford the beſt proof, and will be the beſt ſpecimen of her abilities, care and attention as a nurſe. If he is thriving, and looks healthy and well, it is a ſtrong argument in her favour; and it may with great certainty be determined that ſhe has plenty of ſuck, and that ſhe does her duty to him, in other reſpects, properly. If ſhe has other children that are older, it will be ſtill a greater ſatisfaction if they appear healthy.—On the contrary, if the child at her breaſt is weak and puny, and does not appear to thrive well; there is great room for ſuſpicion that the mother is not healthy, or that ſhe wants ſuck or ſome other requiſite eſſential to a good nurſe; except, that the child's appearance can be very ſatisfactorily accounted for from ſome preſent, occaſional and accidental indiſpoſition, independent of what may juſtly be ſuppoſed to be occaſioned by, or proceed from, the mother's nurſing.

Nurses are very ſubject to give Godfrey's Cordial or ſome other ſtupifying medicine, when children are croſs from want of food or any other cauſe, to keep them quiet and make them ſleep: and this they can do ſo ſecretly as not always

always to be readily difcovered. This circumftance requires a caution and an inquiry.

A NURSE's being pregnant will often leffen the quantity of her fuck; although fuch fuck will be no ways hurtful to the child, as has been imagined, from its quality.

THE DIET of a nurfe ought to be plain, fimple, and light of digeftion; and chiefly of the vegetable kind: broth, or a little flefh-meat, to thofe who have been accuftomed to them, are proper occafionally, but fhould not be too much indulged in; they muft be free from high feafoning of pepper, falt, or any thing elfe of the kind. Good table beer (as it is called) for common drink, and a little ale, or porter, proportioned to the nurfe's conftitution and what fhe has been accuftomed to, are very proper. Butter-milk and cheefe-whey, in the fummer feafon, or when they can be had frefh and fweet, and agree without caufing a griping or loofenefs, and fit eafy upon the ftomach, may be indulged in by thofe who are fond of them, as they are not to be exceeded, or, perhaps, equalled by any other food upon this occafion, where they agree. *Spirituous liquors*, or *wine* of any fort, are upon no occafion neceffary to be repeatedly given in a ftate of health: but, on the contrary, are very improper, and may be highly injurious: for if a nurfe is fuffered to have them at her pleafure,

pleaſure, or very frequently, ſhe may take ſuch a liking to them as will endanger the child's health. It will therefore be moſt adviſable never to offer them, except in caſes of real ſickneſs, or a glaſs of wine now and then to a nurſe, who may, in the common courſe of her life, have been accuſtomed to it.

Tea compoſes a conſiderable portion of the food of the inferior orders, in towns particularly; and as both children and mothers appear to do very well where its uſe is moſt prevalent, it may be indulged in as it appears to be liked. It may be adviſable to confine the nurſe to about the ſame quality of the tea ſhe has been accuſtomed to, and particularly to obſerve that it be not much finer, nor made too ſtrong.

It muſt be obſerved, that this regimen or form of diet is meant as applicable and ſuited to the expectations and conſtitutions of thoſe in general, who, from their ſituations and circumſtances in life, engage in the office of nurſing for hire: it might, however, be copied and attended to by thoſe in more elevated ſituations, who nurſe their children themſelves; as it is treading in the footſteps of nature, our beſt guide; and is a copy of what is practiſed in country places; where an uninterrupted glow of health diffuſes itſelf throughout whole families, and pervades even the meaneſt cottage; and where nature, unreſtrained

and enjoying her fulleſt ſcope, will be found commonly to have moſt liberally beſtowed her own gifts. Thoſe in advanced and diſtinguiſhed ſtations, who, from the prejudices of education and cuſtom, are not led to attend to and copy nature and the beauties of native ſimplicity, ſeem ſtudiouſly to avoid what are called the ordinary forms of conduct upon this, as upon moſt other occaſions; but which they would much ſeldomer do, for their own ſakes, if they would ſuffer the dictates of reaſon to prevail over faſhion or caprice; conſidering, and remembering, that human nature, whatever forms may, by artifice, be obtruded upon her, and ſhe compelled to aſſume, to enlarge or contract her bias and inclination, can never be made eventually to deviate without manifeſt injury to herſelf, from the ſtation and bounds unalterably impoſed upon her by the unerring Powers which firſt created and gave her laws.

Exercise, in a moderate degree, will be very beneficial, and will aſſiſt a good deal in increaſing the milk: gentle walking; riding in a carriage, or more particularly on horſeback; will, all, as convenience ſuits, be proper: but, in all kinds of exerciſe, particular care muſt be taken that ſhe does not overheat herſelf, as it would have a bad effect upon her milk.

If a nurſe prove to have a weak conſtitution, or loſe her ſtrength, or if her milk become impaired; cold bathing, eſpecially in the ſea, when the ſeaſon will admit of it, is often found particularly uſeful in reſtoring the ſtrength and increaſing the milk: it never can do any harm to a woman, merely as a nurſe and except ſome other reaſon, independent of that ſituation, forbids it. As bathing is generally improper for conſumptive perſons, ſhe ſhould not be permitted to do it, if in that ſituation, without proper advice. She may ſafely begin to bathe at the end of the ſecond month from the time of her delivery.—*See the article cold bathing.*

OF THE DISEASES OF

NEW-BORN CHILDREN.

SWELLING UPON THE HEAD.

A Swelling about the ſize of an egg, but of a round form, will ſometimes be obſerved, ſoon after the birth, upon the crown of the head: it is ſeldom that any thing is neceſſary to be done for the removal of it, as it commonly by degrees leſſens and entirely diſappears in a few days, of itſelf:

itſelf: however, that does not always happen, as it will ſometimes remain ſome weeks without much viſible alteration; in which caſe, a piece of thin ſheet lead, or ſuch as the India tea-cheſts are lined with, big enough to cover the ſwelling, folded in a linen rag, and kept conſtantly upon the part, will generally reduce it in a ſhort time; although it ſometimes proves ſtubborn; yet, by continuing the lead, it will yield in time. No attempts ſhould ever be made by poultices (as is ſometimes done) to bring the ſwelling to a head, or gathering, by way of diſcharging any matter which may be vainly ſuppoſed to be contained in it; nor ſhould any other means be uſed to open the ſwelling, which moſt likely would be attended with the moſt immediately fatal conſequences. It happens moſt frequently of the firſt child; ſeldom afterwards.

TONGUE-TIED. (See page 127).

OF THE NAVEL.

THE *navel-ſtring* generally comes off about the ſixth day; and if it ſhould remain longer, nothing muſt be done to bring it away before it will come off itſelf. Nothing particular need, in general, be applied after it is come away; except the navel remain raw or ſore for a day or two, when

when a piece of finged rag may be kept to it; or it may be dusted with a little white lead or fuller's earth, and covered with a piece of dry rag.—If a swelling or fullness about the navel is at any time observed, the roller, commonly called the belly-roller, may be made a very little tighter than usual; and if the swelling should continue, or increase, it will be advisable to get proper assistance to it; otherwise, from delay, a rupture may be formed, which may be troublesome for life; although it is what very rarely happens. I have known a piece of thin sheet or tea-chest lead, applied in the manner above-mentioned to the swelling upon the head, to assist greatly in reducing this swelling; but it must be worn constantly, and for some time, to produce any considerable effect.

SORE EYES.

CHILDREN are sometimes, a few days after their birth, observed to have a swelling upon one or both eyes, and which are so gummed up that a child is scarcely able to open them. This however is not a complaint in the eye itself, but in the eye-lids, which appear swelled and a little inflamed. This complaint will generally go off of itself in a few days; however, if it does not, it

it will be proper to bathe the eye or eyes with a little lime water, twice or thrice a day, by means of a ſoft linen rag. If, in the courſe of a few days, the complaint does not go off by this means, it will, almoſt certainly, by the following.

TAKE two grains of *white vitriol*, diſſolve it in an ounce, or two tableſpoonsful, of *pure water*: with this bathe the eye, or eyes, as above directed. If the complaint does not *abate* in a few days, let the quantity of the *vitriol* be doubled, or trebled; the proportion of water remaining the ſame. It rarely happens that the complaint attacks both eyes. This complaint is not attended with any laſting or bad conſequences; and commonly goes off readily.

GRIPES, WITH, AND WITHOUT LOOSENESS.

THE GRIPES is a complaint from which few children are exempt, in ſome degree; and it is the moſt troubleſome, in general, they are ſubject to: they are liable to it at all periods of infancy; but more particularly ſo in the early ones; when it is often very troubleſome and diſtreſſing.

CAUSES

CAUSES OF THE GRIPES.

The general cauſes of griping do not exceed three* in number.

The firſt, is a *Natural Weakneſs* of the *Conſtitution*, or a particular *irritable* or *tender* ſtate of the *Stomach* or *Bowels*.

The ſecond, *Cold*.

And the third, *improper Food*.

To ſome one, or more, of theſe cauſes, may the complaint be generally aſcribed: any of them, ſingly, are ſufficient to produce it: but two, or all of them, may unitedly conſpire to do it; upon which occaſion it may be expected to be more ſevere and violent.

A *weakneſs* of *conſtitution*, and of the *ſtomach* and *bowels*, ſo general in infancy, ſeems to be

* There are other cauſes of griping; as, a diſeaſe in the conſtitution in general, or in a particular part of the body, which, however, rarely happens ſo early in infancy. And, it may be *epidemic*; that is, prevailing in the town or neighbourhood, depending upon the ſeaſon of the year, or ſome infectious cauſe, when it is generally accompanied with a ſevere looſeneſs, and is moſt common in the autumn months.—But theſe, and ſome others, that, to avoid confuſion, are here full as well unnamed, are to be conſidered as only *occaſional* and *accidental*, and cannot be numbered with the *general cauſes*.—The *Thruſh*, *Frogg*, or *ſore Mouth*, as it is variouſly called, which, as when it is in the extreme, will occaſion a ſevere griping and looſeneſs, is to be numbered with the occaſional cauſes of griping.

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the greateſt and original cauſe; the others being leſſer cauſes, depending upon, governed by, and ſubordinate to the firſt, without which they would ſeldomer act.

COLD, it is well known, is a very common cauſe of griping with grown up perſons who have weak bowels (and numbers are ſo circumſtanced): no wonder then if it affects children in that way, in a particular manner, whoſe bowels are naturally weak and tender at that age; and few children eſcape a griping when they take cold.

OF all the cauſes of griping in the firſt periods of infancy, *improper food* is the moſt common and frequent.——A griping which is occaſioned by *cold*, or any other cauſe, may be ſuppoſed to happen by accident, and only now and then: but when *improper food* is given, the ſame is generally repeated daily, and without change or variation; whereby the complaint is conſtantly ſupported, and continued without intermiſſion; which makes this, when it happens, the cauſe of frequent griping: it may alſo be juſtly ſaid to be the moſt common; as, in dry-nurſing, not one child in twenty has proper food, or ſuch as agrees with him, given him: and a leſs proportion of thoſe who get the breaſt eſcape having improper food, or ſuch as diſagrees with them, forced upon them a few days previous to their getting the breaſt;

breaſt; during which time, although it be but ſhort, the injury done is oftentimes conſiderable; ſometimes irreparable. See page 88.

The mother's or nurſe's milk is liable to be affected by many cauſes; ſuch as, a diſeaſe of any kind, improper food, grief, or any other paſſion of the mind, &c. (ſee page 142) ſo as to make it diſagree with a child and cauſe a griping: and although this milk cannot literally be called improper food, yet it is to be conſidered as food in an improper ſtate, and, conſequently, ſubject to a like acceptation with improper food of any kind. I have known a very troubleſome and obſtinate griping and looſeneſs brought on by a child's ſucking a nipple which had been bathed with lead water for the purpoſe of healing and ſkinning the nipple.

That improper food is the moſt common cauſe of frequent and troubleſome griping, appears by what has already been obſerved in the article of food *; and has been there ſo fully ſpoken of as to render a repetition, in this place, unneceſſary.—Children who are wet-nurſed are not ſubject to ſuch frequent and ſevere fits of griping as thoſe who are dry-nurſed, on account of the food.

* Page 61 and following.

SYMPTOMS OF GRIPING.

When a child is croſs and fretful, it is very common to ſuppoſe he is griped, eſpecially when no other reaſon can be apparently aſſigned for his uneaſineſs: but it is not very uncommon with ſome children to be frequently very croſs without being griped, or ailing any thing elſe, and who are very healthy and thrive well; which cannot be accounted for any other way, than, that it is their natural diſpoſition to be ſo.

The moſt certain and unerring ſigns of griping are; a *coſtiveneſs*; or a *looſeneſs* with watery or thin ſtools of a ſour ſmell and green colour, ſlimy, or curdled, commonly, although not always, attended with a hardneſs or ſwelling of the belly: ſudden fits of crying when aſleep, and at other times, with a drawing up of the knees towards the belly. When any one or more of theſe ſymptoms jointly or ſeparately occur, there can be little doubt that the complaint is the gripes. But when the ſtools are of a natural colour and conſiſtence, without being coſtive; or diſpoſed to be thin, ſour, ſlimy, curdled, or of a green colour; and unaccompanied with any of the other ſymptoms here enumerated; it may be concluded, with a certainty, that the gripes make no part of the child's complaint.

As a *loofenefs* is one of the moft conftant and regular attendants upon griping, it will be proper to obferve, that there are many degrees of it: fometimes, efpecially at the beginning, it will be very flight, fo that the ftools will not be much more frequent than ufual, nor much thinner, nor altered in their colour, or fmell; which may be called the firft, or mildeft ftate of it; and where it will remain, fometimes, for a long time when the caufe of it is flight, or feldom repeated. But when the caufe is great or confiderable, or often renewed; as *cold* often repeated; or *improper food* conftantly continued, the diforder may be expected to continue and increafe accordingly; fo that it is very ufual for it to increafe by degrees until the laft and worft ftate of it takes place; which is, a conftant motion for ftool, the ftools little in quantity, thin, watery and commonly green and four.—Sometimes the ftools are curdled, and have much the appearance of curds and whey; when, they are generally accompanied with much pain and griping.

GRIPING is fometimes attended with *coftivenefs* when it firft comes on; but the coftivenefs feldom continues long, and a loofenefs generally foon fucceeds it. Children require to be open in their bodies; and two ftools a day are as few as they generally have when they are healthy: fo that when they mifs having a ftool for a day or

two, they muſt ſuffer ſome uneaſineſs, although they be not griped; but it ſeldom happens that coſtiveneſs is accompanied with any conſiderable and continued degree of griping.

That a griping and looſeneſs are often preceded by coſtiveneſs for a day or two, is owing to improper food, as bread, &c. remaining upon the ſtomach without being properly digeſted; till nature, by an effort, relieves herſelf by a looſeneſs. (See the account of the digeſtion of the food; as alſo, ſickneſs).

A griping may happen without any ſenſible degree either of looſeneſs or coſtiveneſs; but it muſt be ſo ſlight, when the looſeneſs eſpecially is not perceptible, as ſcarcely to need noticing, or any particular aſſiſtance; and cannot be of long duration without a change and alteration of the ſymptoms. It is generally upon this occaſion cauſed by cold.

Convulsions ſometimes attend griping; yet are never a real ſymptom of it, except when the griping is violent and in the extreme, and has been produced by ſome cauſe uncommonly violent or long continued.

THE CURE OF THE GRIPES.

When, by a proper attention to the *ſymptoms*, a child's complaint is clearly and diſtinctly diſcovered

covered to be the gripes; the first step must be to seek for the cause which may most likely and reasonably be supposed to occasion the complaint: and when that is discovered and removed, as much as circumstances will admit of, the complaint may be reasonably expected to be relieved in part, or entirely removed; it being a maxim in physic, that, *remove the cause, and the effects will cease*.—By way of example; suppose a child has been uncommonly, and more than usually exposed to the cold; has had any part of the dress left off; or has been suffered to remain wet without being changed for a much longer time than usual; and has the gripes: it is reasonable to suppose that the cold, or wet, is the only or chief cause of the griping (provided no other cause is known or suspected at the same time); and that it will most likely be relieved, or removed, in a short time, by keeping the child more regularly warm and dry.—Or, if there is reason to suppose the complaint is occasioned by a constant or occasional taking of improper food, it most likely will abate, or entirely go off, by changing that food for some other that may be expected to agree better.

It is of great consequence in all diseases to take them early and before they have been suffered to advance far; as, when the cause is early discovered, and speedily removed, a complaint

may

may be expected to yield immediately and without further disturbance; as it is ſtriking in a direct manner at the root of the evil: but when they have proceeded to a certain length, they may be ſo aggravated, and may become ſo inveterate, as not to be ſubdued without the utmoſt difficulty. This caution is in no inſtance more neceſſary to be attended to than our preſent ſubject, the gripes; which may, upon moſt occaſions, be prevented, and removed, by proper precautions, timely obſerved and taken, and which ought never to be neglected; as it is a diſeaſe the moſt painful and diſtreſſing that children are liable to, and proves very frequently fatal.

In the *cure* of the *gripes* with *looſeneſs*, it will be always neceſſary to diſcover the cauſe as juſtly as may be; and, by removing it, the complaint will very likely diſappear without any other means or aſſiſtance, when it is ſlight and taken in time. (It will ſeldom be difficult to find out the cauſe, as the general prevailing cauſes at this early period have been obſerved to be very few, and may be nearly reduced to two, namely *cold*, and *improper food*). While the complaint is in the firſt ſtate, that is, while the ſtools are not much more frequent than uſual, nor much thinner, nor curdled, nor altered in their colour, it is ſeldom any thing is needful in the way of medicine; and it will, moſt likely, go off without: but if, notwithſtanding

withſtanding every precaution with reſpect to warmth and food, the griping continues, with a frequent motion for ſtool, the ſtools ſmall in quantity, and thin and watery, green and ſour, or curdled, it will ſeldom go off (readily at leaſt) without the aſſiſtance of medicine; and for this purpoſe the following powders will anſwer very well.

No. 1. TAKE of *Turkey rhubarb*, finely powdered; and *magneſia;* each eighteen grains: mix them well together, and divide them into ſix papers; one of which is to be given every night and morning, mixed in a little warm water, while they laſt.

THESE powders may be given to the youngeſt child, and under three months; but at that age, or afterwards, they may be made one third ſtronger or more in quantity. They will often check the looſeneſs, and reſtore the colour and conſiſtence of the ſtools (which are favourable ſymptoms) when, or before, they are all taken; and they may be repeated a ſecond time, either immediately, or afterwards, as there is occaſion. They are moſt proper when the looſeneſs and other ſymptoms are not in the utmoſt extreme; but when that happens, and the gripings are very ſevere and violent, the following mixture may be given, as it is more particularly calculated for diſperſing and expelling wind, and

giving

giving eaſe when there is much pain, than the powders.

No. 2. Take of *Turkey rhubarb*, twelve grains; *magneſia*, eight grains; *ſpirituous tincture of rhubarb*, one dram; *ſyrup of poppies*, two drams; *ſimple mint-water*, an ounce and a half*: mix them properly together, and ſhake the bottle well every time it is uſed.

If a child, who is to take this, is in the firſt or ſecond month; two, or three, middle ſized teaſpoonsful may be given for a doſe, and repeated every four hours while it laſts, or until the griping and looſeneſs ſenſibly abate. If the child is three, four, or more months old, three or four teaſpoonsful may be given each doſe: upon which laſt occaſion it will be proper to have a double quantity of the medicine prepared at a time.

This, like the powders, may be renewed as there may be occaſion; and benefit may alſo be expected from it, when the colour and conſiſtence of the ſtools alter for the better, by returning and approaching to their natural appear-

* Watery and ſpirituous liquors, although commonly ordered by weight, are generally meaſured; as a pound meaſures a pint; and an ounce, by meaſure, is two middle ſized tableſpoonsful: and as an ounce contains eight drams, ſo a tolerably large teaſpoon, which is about the eighth part of two middle ſized tableſpoons, or an ounce, will meaſure a dram, or as near it as may be.

ance;

ance; and, by an abatement of the frequency and ſeverity of the fits of griping and pain; which will often take place in the courſe of twelve or twenty-four hours.

When a child, with this complaint, is wet-nurſed, it will be proper to confine him entirely to the breaſt for his food, if there be milk enough; and if the mother, or nurſe has taken any thing which is likely to diſagree with the child, ſhe muſt, at this time, be more obſervant and careful in her diet. But if it ſhould happen (as it ſometimes will with children in the month) that a child will not, or is not able to take the breaſt; a little weak broth, or veal or chicken tea, as before mentioned page 111, will be very proper; it will not only anſwer the intention of food, but that of a medicine likewiſe; as it will be comfortable to the bowels, and will greatly aſſiſt in correcting acidity or ſourneſs, which very often prevails, and adds very much to this diſeaſe. When the mother, or nurſe, has reaſon to ſuſpect ſhe may have taken any thing which (as juſt now obſerved) may diſagree with the child, the veal tea will alſo be very proper for him. The milk and water, prepared as above *, may alſo be given at any time when it may be ſuppoſed there is occaſion for any other kind of food.

* See page 92.

Upon this, as upon every other occasion of sickness, the advantage of early accustoming children to feed with a spoon *, will be very apparent; as they will be got to take such food and medicines as may be proper for them with much less difficulty than when they have not been used to a spoon. The mother, or nurse, if she is upon a vegetable diet, ought to alter it a little for the present; she must, particularly, abstain from fruit; and eat sparingly, if at all, of peas, beans, cabbage, cauliflower, greens, salads, and the like: potatoes, spinnage, turnips, and carrots, are perhaps the least exceptionable of roots and vegetables in common use; and asparagus, artichoke, and kidney-beans, of those that are more rare. Malt liquor is as well avoided; and water with a toast in it with or without (as is most agreeable) a little brandy, or foreign wine, as madeira, red or white port, &c.† is to be preferred. Salep, sago, and gruels of all sorts, are proper; as are also broth and flesh-meat, which may now be indulged in with more freedom than at another time.

When a child is *dry-nursed*, a strict regard and attention to his food is of the utmost importance in this complaint: for although cases

* See page 129.

† Home-made wines, old raisin wine excepted, are not so proper, as they are generally windy.

will

will happen where an error in the diet ſhall not have been the apparent cauſe of the complaint; yet a trifling error in the diet will add to it, and may greatly protract the cure: but, from what has been obſerved, the food is by far the moſt frequent cauſe. Upon this occaſion, then, if the child's diet has differed from that which has been here recommended (page 91), it will be adviſable to decline it, and adopt this; the good effect of which, as I have frequently obſerved, are generally very apparent in a ſhort time, when the caſe is ſuch as will admit of remedy. The more urgent the caſe is, the greater will the neceſſity be for obſerving a ſtrictneſs and exactneſs in this matter. In caſes the moſt alarming and dangerous, aſſes' milk, when it can be come at, is to be preferred to every thing elſe, as food; and when that is not to be had, the milk and water may be given as a ſubſtitute for it: veal or chicken tea become upon this occaſion extremely ſerviceable and proper, and may be given alternately with the other food, or as they appear to agree.—Naples biſcuit is well adapted to this occaſion; and I generally find it agree when other food will not.—When the complaint proceeds from improper food alone, it ſeldom happens that the aſſiſtance of medicine is required; as a due attention to the diet only, generally proves an

effectual and ſpeedy cure, even in many caſes where the diſorder has been of long ſtanding. Medicine is likely to be of the moſt ſervice when the complaint comes on ſuddenly and with great ſeverity; as then it (the medicine) may immediately correct the exciting cauſe, or aſſiſt in carrying it entirely and quickly off: therefore, whenever the complaint comes on ſuddenly, and does not ſeem to abate in a ſhort time, it will be proper to give the powders No. 1. or the mixture No. 2. But where a child has had an habitual griping and looſeneſs for ſome time, the medicines will ſeldom be required, as the complaint will moſt likely go off by a proper attention to the diet alone; which, if it ſhould not, after a proper trial, the medicines may be had recourſe to; the powders may be firſt tried; and if they ſhould not anſwer, afterwards the mixture. Although the complaint will upon this laſt occaſion, generally go off without medicine; yet caſes will happen ſometimes, where, from the cauſe being long and highly aggravated, the diſeaſe becomes very ſevere and in the extreme, and calls for aſſiſtance of every kind to be ſpeedily adminiſtered: medicine, in this caſe, acts conjunctively with the food in reſtoring the proper ſtate of the bowels, and preparing them to receive afterwards what is properly ſuited to them.

The medicines, here recommended, are ſuch as may always be given with the greateſt ſafety, and will generally prove ſufficient without any other: on which account no others have been offered; as a greater variety might perplex and miſlead thoſe who are not converſant and experienced in medicine. There is, however, a medicine which often is of the greateſt ſervice in this complaint, and which is, an *antimonial puke*. There are many preparations of antimony made uſe of for this purpoſe: the following is full as proper as any other:

No. 3. Take one grain of *tartar emetic*; diſſolve it, perfectly, in two ounces (or four table-ſpoonsful) of water.

Of this, a child in the month may take a tea-ſpoonful, and repeat it every half hour till it makes him throw up; which it will generally do the firſt or ſecond taking: it moſtly works downward alſo, a little. A child from two to three months old may take two teaſpoonsful for a doſe; from three to five months, three ſpoonsful; and ſo on. It may be repeated once a day, or every other day, while the complaint continues with any degree of violence. If, after a trial of the other medicines, the looſeneſs and other ſymptoms do not ſenſibly abate, it will be very proper to begin with this; which may be given, in the form and quantity here directed, with the moſt perfect

perfect ſafety, in all ſituations. Children ſeldom throw up oftener than twice, or three times, with it; after which they commonly go to ſleep, and ſeem much relieved by it.—The caſes in which I have found this medicine of the greateſt ſervice, and which ſeem moſt to require it, are thoſe which are attended with ſickneſs at the ſtomach (ſee ſickneſs) and fever; both of which it is admirably calculated to remove. A child may be known to be feveriſh, when the inſides of his hands are much hotter than uſual, when he takes the breaſt or drink more greedily than common, and when his mouth feels hotter than uſual to his nurſe's breaſt. The looſeneſs which ſo generally attends the *Thruſh*, or ſore mouth, is often accompanied with fever, when this medicine becomes moſt particularly ſerviceable. It is alſo of great ſervice in teething, and in the meaſles.

The doſe of the medicine, here ordered, is ſuch as will moſt commonly be proper; but it may be increaſed or diminiſhed at pleaſure, according to its effects. It ſuffers in its quality by being kept longer than a few days. Where proper medical *advice* is at hand, it will be adviſable to procure it to direct the giving of this medicine, although it may be given with the utmoſt ſafety without, and can never do harm where there is a looſeneſs, whatever cauſe

it

it may proceed from, or whatever other ſymptoms may attend it.

A CHILD will ſometimes have his backſide red, inflamed, and ſore, by the frequency and ſharpneſs of his ſtools; which adds to his fretfulneſs and uneaſineſs: all which the following application will generally remove or relieve. Take of, *extract of lead*, and *brandy*, each thirty drops; put them into a ſmall vial with four ounces (or eight tableſpoonsful) of water. With a little of this, aired by the fire in a teacup, let the parts be bathed, once or twice a day, with a ſoft linen rag.

THAT the foregoing rules and directions may be clearly underſtood, and to prevent their being miſapplied, the following brief recital of them may, by way of general explanation, be attended to.

WHEN a child has had a looſeneſs for ſome time, and which is not ſo ſevere at preſent as immediately to threaten his life; the cauſe of it muſt be attentively ſought for; and when diſcovered, muſt be removed as much as poſſible. As it moſtly happens that improper food (in dry-nurſing) is the ſole or chief cauſe of the complaint, and always aſſiſts and adds to it from whatever other cauſe it may proceed, it will always be neceſſary to pay the ſtricteſt attention to the diet; by which means the complaint will generally

generally, without the aſſiſtance of medicine, be very ſoon greatly relieved, or totally removed; but if, after a proper trial, ſufficient relief is not found, and the diſorder gains ground, the medicines may then be given.—When a child, in a good ſtate of health, is attacked ſuddenly with a ſevere griping and looſeneſs; if the diet has not been properly regulated, or there has been any occaſional remiſſneſs or neglect in it, it muſt be immediately corrected; and if the medicines are given, the complaint will generally be much ſooner and more effectually removed with, than without them; and which will happen, whatever other cauſe the complaint may ſuddenly proceed from.

There will ſeldom be occaſion to repeat the powders, No. 1. and the mixture, No. 2, immediately: if benefit is found from them they may be repeated in the ſpace of two, three, or four days after the firſt are finiſhed, if the complaint continues, or returns, ſo as to require it. But if during, or after the firſt trial, no benefit or relief is obtained, it will be needleſs to repeat them, but in their ſtead give the antimonial puke as above directed. When relief is to be expected, or had from the puke, it is generally diſcovered and obtained upon the firſt trial; but which if it is not, that muſt be no obſtacle to a ſecond, or third attempt.

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I HAVE been fortunate enough to meet with but very few cafes which did not terminate favourably when the complaint has not been epidemic, nor the direct refult of an hereditary or conftitutional affection (which rarely happens), and when the regulation of the diet was ftrictly complied with, with, now and then, the affiftance of the medicines here mentioned: but I have invariably found the diet to be of more avail than all other precautions and endeavours united.

RHUBARB, is a medicine given very commonly to young children, and is very proper when there is a loofenefs. The *fyrup* of rhubarb is fometimes given on account of its being palatable, but poffeffes no other quality fuperior to rhubarb in fubftance.

MAGNESIA is a very ufeful addition to rhubarb, and may always be given mixed along with it (as in the powders, No. 1.): it is gently loofening, and as it corrects fournefs, will abate griping; it alfo affifts the operation of the rhubarb. *Magnefia*, alone, will fometimes check a flight loofenefs; which it does by correcting the fournefs that occafions it, and which is its chief and prevailing quality, and for which it is in fuch general ufe and efteem with grown-up perfons who have four ftomachs.

SPIRITUOUS LIQUORS and *cordial waters* of various kinds are frequently given when there

its griping, to dispel wind; and upon some occasions answer that purpose very well: they ought always to be well diluted with water. They are most proper upon slight occasions, as, a sudden fit of griping from cold or any other accidental cause; but they ought not, upon any occasion, to be given freely, nor frequently repeated: for although they will sometimes still the pain, when so given, they do it by intoxication, which is only a temporary relief, and not a desirable method of obtaining it, as the pain is subject to return whenever the effect of the liquor ceases.—Among the variety of liquors and cordial waters which are used upon this occasion, *geneva*, or *gin* as it is commonly called, mixed with water, appears the best suited to answer the intended purpose, being, when good, a light, pure, and wholesome liquor; and, from the juniper berry with which it is impregnated, is well calculated to dispel wind.

The free use of HOT SPICES and SEEDS of different kinds, is by no means eligible, as they are no way calculated to remove any of the causes of the complaint; and their effect, like that of the spirituous liquors, can be only temporary and imperfect: they may, from their heat, injure the stomach and bowels; and may, by constant use, become so habitual that a child will not readily take his food without them. *Aniseed*, or *fennel-seed*

feed tea feems the leaft exceptionable form of giving them; and, like the gin and water, may be given in occafional fits of griping; but, like medicine of every kind, their ufe ought to be limited and reftrained, to make them of more efficacy when wanted, and to prevent the effect of habit.—*Pepper-mint* water may be fometimes given to advantage.—Hartfhorn is a fuitable remedy, and may be given in the manner directed under the next following head of, *Wind in the Stomach and Bowels.*

There are a number of quack medicines impofed upon the public under various titles, as Godfrey's cordial, &c. &c. for this complaint in children; but as their compofitions are as myfterious and difficult to difcover as their good qualities, nothing more can be faid in their favour, than that, like all medicines, they may be fuppofed to have their ufe when properly applied; but the rifque, from mifapplication, overbalances any benefit which is to be expected from them. There is a *drug* however upon which, it is well known, their chief efficacy depends; and that is, *opium*; hence it happens they all have a ftilling or fedative power, and a child who takes them will commonly be eafed of his pain for a time, but which returns again, and calls for a repetition of the medicine, without in the leaft removing the caufe of the complaint, by which,

only, the diſeaſe is to be cured. It is this particular quality in opium, that calls for a continued repetition of it with thoſe who take it, which makes its uſe ſo univerſally dreaded and avoided: it nevertheleſs becomes a ſovereign remedy upon many occaſions, when judiciouſly managed; but it ſhould never be wantonly ſported with, nor given without the greateſt prudence and precaution. I have known Godfrey's cordial given to children, ſucceſſively for months, with no other deſign, towards the end, than keeping them quiet in the nights; but which was begun with, at firſt, for a griping, or what was ſuppoſed to be ſo. The children who take it, in this manner, are lifeleſs and inactive, do not thrive well, and are with very great difficulty weaned from it; all which are the natural conſequences of the free uſe of opium. The medicines of this deſcription that are a little looſening are to be preferred to thoſe which are not ſo.

Those who are inclined, from any motive, to give medicines of this kind, ſhould do it cautiouſly, and not make too free with them; one, or two, moderate doſes is as much as in general ought to be ventured upon and is likely to be given to advantage in the courſe of a week or a fortnight; and with this precaution they can ſeldom do harm, when ſuch like medicines

are

are *really* wanted. If it ſhould be obſerved, that the mixture No. 2. contains ſome of the objectionable articles here enumerated and reſtricted, it muſt at the ſame time be noticed, that they are in ſmall quantities, and ſo combined as to ſtrike at the root of the complaint, as well as give preſent relief. The abuſe of ſpirituous liquors, and quack medicines of the opiate or compoſing kind, may be obſerved to happen moſt frequently, and in the greateſt degree, with children who are nurſed from home; who, when they are croſs, from griping or any other cauſe, are ſupplied with them, to ſtill and quiet them. Nurſes and ſervants at home will alſo ſometimes be guilty of the ſame practices, which, as highly injurious, ought as much as poſſible to be prevented.

CHALK is ſometimes put, ſcraped fine, into childrens food to check a looſeneſs, and which it will often do: the only danger that can be apprehended from its uſe is, that it may ſtop a looſeneſs too haſtily; therefore it may not be amiſs to give one of the powders of rhubarb and magneſia now and then, at the time the chalk is given. Chalk, for this reaſon, is not ſo proper in looſeneſſes at the beginning, and when they have come on haſtily; but it is proper enough in thoſe which have been of longer ſtanding and continuance: it will perhaps *always* be adviſable

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to give rhubarb and magnefia, now and then, at the fame time.

When *convulfions* accompany this complaint, as a fymptom of it merely, no other treatment, than that which has already been defcribed, will fcarcely be neceffary; except, they come on at the beginning of the complaint (or at any other period of it and the child is lufty, and ftrong and healthy in other refpects), then a leech or two, applied to the foot, will fometimes give relief.

If his complaint is of fome ftanding, the loofenefs very violent, and he is at the fame time weak, and much reduced, the mixture, No. 2. will be very proper; and, upon which occafion, the quantity of the fyrup of poppies may be increafed to one half, or double the quantity. A *warm bath* ought not to be omitted upon this occafion; and flannels, wrung out of hot water, and applied warm to the belly, will fometimes give relief.

A *Mithridate* plaifter, applied to the belly, will often afford confiderable and fpeedy relief.

The warm bath and flannels may be ufed at any time to advantage when the gripings are very fevere, although there be not any convulfions; and may be continued, repeatedly, two or three times in the day: they generally afford prefent relief. When there are convulfions, a blifter

to

to the belly, after other means having failed of giving relief, may be tried; it is a very ſafe remedy. It ſeldom happens, when the complaint has proceeded thus far, that medical aſſiſtance, is not more particularly obtained: here it becomes very neceſſary.

CHILDREN who are *wet-nurſed* are liable, ſometimes, to attacks of griping and looſeneſs, with or without green ſtools; but which are commonly much ſlighter than what happens to thoſe who are *dry-nurſed*. This complaint, with children at the breaſt, is moſt prevalent at particular ſeaſons, eſpecially at the decline of ſummer. It often appears in the month of Auguſt, when it is ſometimes accompanied with a *raſh* (ſee *raſh*) and ſlight fever, and frequently prevails during the autumn (*ſee note to page* 151) and until the froſt ſets in. Upon this occaſion the complaint will generally be effectually relieved by a few doſes of the powders No. 1. page 159: if they ſhould fail; the antimonial puke, No. 3. page 165, will be adviſable; eſpecially if the child is obſerved to have any ſickneſs at ſtomach, or is feveriſh.

THE means, and cautions, which have been here offered, for the relief and cure of that formidable, frequent, and diſtreſſing complaint, the gripes with looſeneſs, are ſuch as experience have directed as competent, in general, in wet-

nurſing

nurſing particularly, to accompliſh a purpoſe ſo deſirable, and, often, difficult. However, it will ſometimes happen, in dry-nurſing, that none, nor all of them are equal to the intention; and that a remedy, which is yet wanting, is the only one upon which an ultimate hope and dependence is to be placed—which is—*a breaſt*.—Therefore, when all theſe means and cautions, of medicines, diet, &c. have been tried, and prove ineffectual, and the child ſeems to decline, rather than get forward, *a breaſt* muſt, if the child's life is earneſtly ſolicited, be got for him: and if he is under, at, or even above a month old, he will moſt likely take to it, although he has not had the offer of it before *.

As it has been repeatedly obſerved that continued and ſevere gripings and looſeneſſes, in dry-nurſing, are occaſioned by the food; and that it is ſo difficult a matter to give a proper ſubſtitute for the breaſt, it will appear leſs ſurpriſing that children will ſometimes be found who cannot be ſupported or exiſt without it; and which can, perhaps, be eaſily accounted for, by conſidering, that it is a proviſion nature has bountifully and regularly ſupplied to all mothers,

* If a child has been weaned and ſhould be attacked with a ſevere looſeneſs, he moſt likely will take to the breaſt again although he has been deprived of it ſome weeks.

in every climate and country, who do not ſenſibly and materially deviate from the paths intended and preſcribed by her; and that, therefore, it is unlikely ſhe ſhould liberally and fully provide for a defect which was ſcarce likely to occur. Nature, however, has wiſely ordered that the *parents* ſhould be able to ſubſiſt upon a change of food; otherwiſe, it would be impoſſible they could be ſupported, upon the variety they are neceſſarily obliged to take to, in the various climates and ſeaſons they are often ſucceſſively expoſed to. See page 76 and following.

A griping with looſeneſs is moſt ſevere and frequent with thoſe children who are dry-nurſed; and of courſe thoſe who are wet-nurſed are freer from it, and have it more ſlightly. When it prevails in the extreme, and proves fatal, from any of the common cauſes, it is generally by ſuffering it to continue too long, and advance too far, either, through negligence, or want of proper information and aſſiſtance. When it is epidemic, or the prevailing diſeaſe of the town or neighbourhood (upon which occaſion it moſt commonly is accompanied with a *ſevere* looſeneſs), it is often dangerous. When accompanied with convulſions, ſtill more dangerous. When it is otherwiſe and proceeding from any other cauſe, as cold, improper food, &c. it generally very readily admits of relief, and ſevere returns

of it may be prevented. A ſickneſs accompanying a griping and looſeneſs is an unfavourable ſymptom.

OF THE CURE OF GRIPES WITHOUT A LOOSENESS.

A GRIPING ſeldom, as has been obſerved, happens to very young children without more or leſs of a looſeneſs; yet it ſometimes will, and that, without any apparent alteration in the number or appearance of the ſtools; but when that is the caſe, it is commonly ſlight and of ſhort duration, and may be ſuppoſed to happen (as it generally does) from cold; and it is ſeldom that any thing is needful to be done upon this occaſion to remove it. However, if any thing may be thought neceſſary, a little aniſe, or fennel-ſeed tea, hartſhorn and water, peppermint water, or geneva or any other cordial that may be preferred, properly diluted with water, will be proper. This is the occaſion when theſe and other things of the like kind and quality can be employed and given with propriety and a proſpect of advantage. But if there be a tendency to coſtiveneſs, or if, as ſometimes is the caſe, a coſtiveneſs ſhould have taken place at, or before, the commencement or firſt attack of the griping, theſe warm and cordial things will

will not, cannot remove the griping; and the means to be taken muſt be chiefly, or ſolely, directed to the procuring a looſe ſtool or two, which will moſt likely entirely remove the gripeing: the medicines, ſuited to this purpoſe, have been enumerated, and will be found under the article coſtiveneſs (page 120). Whether manna, magneſia, or caſtor oil is given, it will be proper to mix two or three teaſpoonsful of peppermint water along with it. Opiate and compoſing medicines of all kinds are improper in all caſes of griping accompanied with coſtiveneſs, and until the coſtiveneſs be removed; when, they may be given to advantage, if needful. If it ſhould happen, as it rarely does, that the griping continues after the coſtiveneſs is removed, the mixture No. 2. (page 160) will be proper. And if a looſeneſs ſhould ſucceed a coſtiveneſs, and become immoderate, the ſame mixture, and other means as have been recommended for the cure of a looſeneſs and griping, muſt be purſued.

A GRIPING which is accompanied with coſtiveneſs is rarely dangerous, or of long continuance, as it is generally entirely and readily removed by procuring a looſe ſtool or two, and as the cauſe from which it proceeds is commonly cold, or ſome other, equally as trifling and eaſily obviated.

WIND IN THE STOMACH AND BOWELS.

A CHILD, like a grown perſon, may have wind upon his ſtomach, which may be troubleſome and uneaſy to him, without griping him, or ſenſibly affecting or diſordering his bowels, as is diſcovered by his not being ſo croſs with it as a child is when griped. A child is diſcovered to have wind upon his ſtomach, by the wind often riſing into his throat, which makes him ſtruggle at times as if to get his breath, and from which he is occaſionally relieved by the eructation or breaking of wind upwards; and, as it often returns upon him, it becomes very teaſing, and interrupts his reſt: he *generally* takes his food unwillingly. It is common with children in the month who are dry-nurſed, and before they begin with what is called poſſetting.

A VARIETY of things are given upon this occaſion to diſpel the wind, ſome of which have been enumerated page 170 and following: but none of them, nor any thing elſe that I have ſeen given to procure a temporary relief, exceeds *ſpirit of hartſhorn*, or *hartſhorn-drops* as they commonly called. Three drops of the hartſhorn may be given, to a child in the month, in about half a tableſpoonful of cold water, and repeated

two,

two, or three times in the day, or as there may be occaſion. Hartſhorn, when it will anſwer the purpoſe, is to be preferred to cordials, ſpirits, ſeeds, ſpices, and hot things, of any kind; as, although it is fully as powerful in diſpelling wind as any of them, it will not, by a permanent heat, nor by repetition, injure the ſtomach as they do; nor can any bad habit or other diſadvantage ariſe from giving and repeating it as often and long as it may be neceſſary ſo to do. It is endowed with a property which makes it a deſirable medicine for children; which is, it corrects and removes acidity or ſourneſs, a principal cauſe of griping with children. Its uſe in theſe intentions is well known by grown up perſons, with whom it is a favourite and familiar medicine: and the reaſon why it is not extended more generally to children, proceeds, I imagine, from a ſuppoſition that it is too ſtrong for them; but which is a miſtaken notion; as it may be given, as above directed, with the utmoſt eaſe and ſafety. The doſe here mentioned is the ſmalleſt that need ever be given, and it may be encreaſed as a child grows older eſpecially, to four, five, or ſix drops.

As wind upon the ſtomach is, with a child as well as a grown perſon, to be conſidered as a mark and indication of a weak ſtomach and indigeſtion; ſo it will be obſerved to be moſt common

mon and troublefome to thofe children who are dry-nurfed and fed with food of an improper quality, as bread, thick and rich milk, &c. which cannot digeft and pafs the ftomach fo perfectly and readily as it ought to do: for we well know, that whatever is heavy of digeftion, and lays long upon the ftomach, is not only uneafy, but alfo caufes wind there; and cannot but be fenfible how much thefe painful fenfations muft be increafed if we were compelled, as infants are, to a conftant repetition of the food which occafioned them. Many weakly, puny children, who are even wet-nurfed, will now and then be obferved to have a wind upon their ftomachs; (and the *hickup*, which they all have at times, is occafioned by it); as alfo thofe who are the moft carefully fed in dry-nurfing; but when it occurs only now and then, and that flightly, it is not worth notice; and if any attack of it fhould feem more fevere than ufual, the hartfhorn and water will moft likely relieve it. The occafions which call for a more particular attention, are thofe where, as above-named, when the child is dry-nurfed, he takes his food unwillingly, and fwallows with difficulty from the wind rifing into his throat, and that for fome fucceffive days, a week, or longer. Whenever therefore the complaint appears in this latter form, it will be neceffary to pay the ftricteft attention to his food (pages

(pages 63 and 91) and by no means to force more, even of ſuch as is the moſt ſuitable, than he is diſpoſed to take willingly (ſee page 120). If he is coſtive, it will be proper to give him a little manna, or a teaſpoonful of caſtor oil: and if he has now and then griping ſtools, the powders No. 1. page 159; but if the powders have not the deſired effect, the puke No. 3. page 165, will ſcarcely fail.

WIND upon the ſtomach, when to exceſs, and occaſioned by the conſtant uſe of improper food, is often a preſage and fore runner of an alarming ſickneſs that frequently terminates in a ſevere griping and looſeneſs, as deſcribed in the article immediately following.

CHILDREN, alſo like grown up perſon ſeldom have wind in their bowels without being griped by it; but which they will ſometimes have without being either coſtive or too looſe in their bodies. When it ſo happens, it moſt commonly proceeds from cold, and will generally go off in a ſhort time. The hartſhorn may in this caſe be tried, although its effects will not always be ſo ſtriking as when the wind is in the ſtomach: and if it does not anſwer, recourſe may be had to geneva and water, aniſe or fennel-ſeed tea, &c. as mentioned above, page 170 and following. If theſe fail, and the complaint increaſes, it muſt be

be treated as a griping without looſeneſs, as in the preceding article, page 178.

Some children ſeem naturally more ſubject to wind in their bowels than others; and which can be accounted for no otherwiſe, than as proceeding from a particular weak and tender ſtate of thoſe parts. And as it is much increaſed by cold, a particular attention muſt be paid to keep and defend thoſe children who are liable to it from taking cold, by a proper regard to the cloſeneſs and warmth of their dreſs, and by keeping them out of the air in the firſt or ſecond month.

A SICKNESS, WITH OR WITHOUT THROWING UP.

INFANTS are very ſubject to a ſickneſs the firſt or ſecond week. Sometimes they throw up with it; and at other times they do not, but lie in a dozing ſtate, without motion, the lips pale, and a paleneſs and ſinking of the face; and they generally refuſe their food, or do not take it ſo freely as at other times, ſeemingly owing to their being ſtuffed and full at the ſtomach, and not able to get it down. The ſtomach commonly feels hard, and is ſenſibly ſwelled and enlarged.

MAHARAJA SERFOGI'S

A THROWING UP, or *possetting* as it is commonly termed, is seldom esteemed an unfavourable circumstance with young children; yet the sickness that happens at this early period is generally from a widely different cause with the possetting, which rarely happens so early, and, when it does, proceeds from a natural and not unfavourable cause *; whereas the sickness that comes on at this time, whether accompanied with a throwing up, or not, is unnatural and unnecessary, and therefore not desirable. In possetting, what comes up is in a digested state; whereas what comes up at this period, and upon this occasion, is scarcely changed or altered from what it was when it went down: and, if it is altered, appears in hard curdled lumps. From which, it clearly appears, that the cause of this sickness, as here described, with, or without, throwing up, and which is so frequently observed to happen during the first three or four days, or as long as the child is fed with a spoon previous to his getting the breast at all, or so sufficiently as to satisfy him without feeding with a spoon †, is altogether occasioned by the food that he takes,

* THIS natural throwing up, or *possetting*, has been noticed and explained in the conclusions of the notes, pages 64 and 83.

† THIS may happen, at any future period, with a child that is dry-nursed, or has been weaned.

which, not being ſuitable, diſagrees, and there-fore will not digeſt and paſs the ſtomach as it ought to do, but remains unaltered, till nature, by an effort, relieves herſelf by a ſickneſs, or a looſeneſs: but until this ſickneſs, or looſeneſs, or both, take place, and while the food ſtays upon the ſtomach, it lies there as an oppreſſive load, and the child is overcome and overpowered by it; which accounts for the child's looking ſo pale and otherwiſe ill. This ſickneſs at ſtomach, without throwing up, is a very common cauſe of alarm and much uneaſineſs and anxiety to the mother and friends, who ſuppoſe the child, from the apparent great and, oftentimes, ſudden alteration in his look, muſt be in a dangerous ſituation; although, notwithſtanding the alarm-ing appearances, it is very rarely attended with immediate danger; and, when the cauſe is known, may, by proper means, be readily re-moved, and a return of it prevented. The means to be purſued for theſe purpoſes are, firſt, to remove the load from the child's ſtomach, which will give him immediate relief, as will be perceived by his reſuming his former look; and this will often be done by giving him a tea-ſpoonful of caſtor oil, or a little manna, ſo as to obtain a free paſſage, which may carry the com-plaint off by ſtool: but if this ſhould fail of giving the wiſhed for relief, the antimonial puke, No. 3.

page

page 165, given as there directed, will ſcarcely fail of fulfilling the intended purpoſe. To prevent a return of the ſickneſs with, or without, throwing up, the child's food muſt be ſtrictly attended to; and if (as is generally the caſe) it happens before the child gets the breaſt, he had better not be fed again until he can have the breaſt: but if food or nouriſhment from the child's real, and not imaginary, weak ſtate, is abſolutely and immediately neceſſary, it muſt be given of ſuch kind as may be reaſonably expected to agree better, and ſuch as has been adviſed when treating of the food and diet, pages 63, 91, and following.

THIS complaint is very common, at this early period, with thoſe children who are dry-nurſed, or thoſe (eſpecially weakly children) who are fed, in the uſual manner, before they get the breaſt. It is a common attendant or, rather, fore-runner of gripes and looſeneſs. It is more rare and leſs frequent with thoſe who are not fed at all, or properly ſo, before they get the breaſt: and when they come to have the breaſt plentifully, and take it freely, they ſeldom have any returns of it. It is not, as before obſerved, immediately dangerous; yet if it is neglected, by ſuffering the cauſe of it to be repeated and continued, it may lead to ſevere gripings and looſeneſs, that may, and often do, prove fatal.

This ſickneſs, obſtruction and oppreſſion at the ſtomach, will always occur in a greater or leſs degree when a child gets the breaſt the day he is born, which generally is the practice where hired wet-nurſes are engaged, and which I have often obſerved to occaſion uneaſineſs and diſtreſs to the tender ſufferer. All theſe are certain truths, and ſtrongly point out the impropriety of anticipating the proceſs and interrupting the order of of nature in her own invariable operations, by a blind attachment to prejudice founded in ignorance. Man has a diſadvantage with the reſt of the animal creation in this and ſome other of the ſimple operations of nature, who ſeldom errs except when interrupted by the art of man.

A SICKNESS ſeldom ſeems ſo alarming when a child throws up with it; as throwing up, from time to time, relieves the ſtomach, and the child is diſpoſed to take food, and does not ſeem ſo dull and heavy; however, as the food does not digeſt, and is chiefly returned unaltered, or elſe in hard curdled lumps, it can afford little nouriſhment; and what happens to paſs the ſtomach will do more harm than good, by cauſing a gripeing and looſeneſs; all which will, in the end, terminate as unfavourable as in the caſe of ſickneſs *without* throwing up.

THIS caſe of *heart-ſickneſs*, as it is commonly called, when not accompanied with a throwing up,

up, and which is very common to children in the firſt or ſecond week, for the reaſons already given, is not very generally underſtood; for when a child lies in a dull, heavy ſtate, without motion, refuſes his food, and, as is common in caſes of heart-ſickneſs, looks pale, ſunk and fallen, without any obvious and viſible ailment it is ſuppoſed undiſcoverable, and that any means, to relieve him, will be needleſs and of no avail; however, from the deſcription and account here given of it, it can ſcarcely be miſtaken, and may as certainly be palliated, or entirely removed, by means here recommended.

Children, with this complaint, will, often, have wind upon their ſtomachs which becomes very troubleſome to them, eſpecially in ſwallowing their food; and is occaſioned by the ſame cauſe; namely, an imperfect digeſtion, as has been explained in the preceding article.

Complaints in the ſtomach and bowels are commonly ſo connected, and interfere ſo much with each other, that it is ſometimes difficult to diſunite and properly diſtinguiſh them. The preceding complaints, of, and in, the ſtomach and bowels, here treated of, are the moſt common and material. In deſcribing them, I have not been inattentive to what authors have ſaid upon them; yet as ſome of them have not, ſo far as I know, been noticed by authors; and

as they ar frequently ſo interwoven, and depend ſo much upon each other, I have given, and deſcribed them exactly in the manner and form they have repeatedly appeared to me in practice. And although deſcripton of the moſt ſimple complaints may, to thoſe who are perfect ſtrangers to them, at firſt ſight appear ſomewhat ſtrange, and difficult to conceive clearly; yet, there can be little or no doubt but that, by a careful attention to the deſcriptions here given, and a little acquaintance with the ways, appearances, and treatment of children, theſe will be clearly, properly, and eaſily diſcovered and diſtinguiſhed. I have been more full and particular upon the complaints of the ſtomach and bowels, and the cauſes that produce them, than moſt of the other complaints of children; for which I need offer no other apology, than, that they are the moſt frequent, and fatal, and, perhaps, the leaſt underſtood; or, at leaſt, that they are ſeldom ſo properly attended to as their importance requires.

If due attention was paid to remedying and preventing theſe complaints, the advantages to ſociety would be very conſiderable, as it would be a means of preſerving a number of the ſpecies that we ſee daily dropping into an untimely grave; and with them, the fond parents great dependence, and chief delight.—If proper

accounts

accounts were kept of the cauſes of the death of thoſe children who are dry-nurſed, and die under four months throughout the kingdom, it would moſt likely appear that two-thirds or even three fourths of them die of complaints in the ſtomach and bowels, evidently occaſioned by a diſagreement of their food. And if the ſame account of the cauſes of the death of thoſe who die within the week from the birth, it would as likely appear that the ſame proportion are carried off by the ſame complaints, even if they are intended to be wet-nurſed; and which happens from improper feeding before they get the breaſt.

Of how much importance it is, therefore, to the comfort and happineſs of the parent, and the eaſe of her tender and ſuffering infant, to have this article of the diet (frequently, by an error in it, of ſuch alarming and fatal conſequences) properly regulated; and how much it behoves her to aſſert her juſt authority, in defence of it, againſt any other opinion that is directed by bigotry and ignorance; which generally, *ſolely*, govern and prevail upon theſe occaſions!

From what has been obſerved of the complaints in the ſtomach and bowels at this tender age, it ſeems highly probable, that, could thoſe children who are intended to be brought up by hand, or dry-nurſed, be but indulged with a breaſt for three, two, or *even one* month, from their birth,

their

their ſtomachs and bowels would, in that time, acquire ſo much ſtrength as to prevent the complaints, either altogether, or in a great meaſure.

THE THRUSH, FROG, OR SORE MOUTH,

IS a complaint which children are ſubject to from the end of the firſt to the beginning of the third week. It is very commonly known and diſtinguiſhed by the name of a *ſore mouth,* which it really proves to be to the poor infant, as it is moſtly attended with a good deal of pain and uneaſineſs, eſpecially in feeding, in ſucking moſt particularly. The appearance in the mouth is, as if the child had been eating curds, and that ſome of them remained ſticking upon the tongue; to which the complaint and ſoreneſs are, at firſt, chiefly confined; but, afterwards, it will ſpread all over the inſide of the mouth, and be extended to the throat, ſtomach, and bowels.

This is a very common and frequent complaint: when it happens, it proves troubleſome, and ought therefore to be cloſely watched, that, when it appears, its departure may be haſtened and expedited as quickly as poſſible. Whenever, therefore, any white ſpecks, or matter like curds, are obſerved to be ſticking upon the tongue, ſo faſt

faſt as not to be readily waſhed or rubbed off, it may juſtly be ſuppoſed the ſore mouth is commencing.

If the child at this time is in the leaſt diſpoſed to be coſtive, a little manna or magneſia muſt be given to procure one or two looſe ſtools; and which may be repeated afterwards, if the body does not keep gently open.—It will be neceſſary to have the tongue frequently cleaned; for which purpoſe many things are recommended, as, honey, borax, alum, white vitirol, &c. Borax is to be prefered to any thing elſe, as it is very effectual and much ſafer than the others. It muſt be powdered, with or without an equal quantity of loaf ſugar; and is to be made uſe of, by tying a piece of linen rag upon the mouth or ſhank of a teaſpoon, which muſt be dipped in the powder, and the tongue rubbed with it two or three times a day; and it muſt be regularly perſevered in daily, while any appearance of the complaint remains; although, in doing it, the child will receive ſome pain, eſpecially if the complaint has been ſuffered to increaſe before proper attempts are made to remove it; but when it is taken early, and at the beginning, the mouth will be kept tolerably clear and free, without paining the child; by which he will be enabled to feed with much more eaſe, and the complaint will be got rid of, in a tole-

 rable

rable eafy manner, in the courfe of feven or eight days.—The colour of the fpecks upon the tongue are, as has been obferved, at firft white; yet it is very common for them, when the complaint is of fome ftanding, to turn yellowifh, and brown; upon which occafions they generally come off, at laft, in floughs.

When, from neglect, or any other caufe, the complaint has continued for fome time, it is very common for the child to have a degree of fever, very often accompained with griping, and and loofenefs with watery, four, green ftools; in which cafe the diforder becomes more alarming and troublefome.

As this complaint is occafioned by an imperfect or improper digeftion of the child's food; fo it is very liable to be brought on, and greatly aggravated, by improper food; it will therefore be very neceffary to pay a ftrict attention to the diet at this time, if the child is dry-nurfed; and to the mother's or nurfe's diet, if otherwife*.

When the loofenefs is great, the complaint muft be treated as a loofenefs from any other caufe†, with this caution, that the powders No. 1. page 151 (which are proper to be given as there directed), are to be preferred to the mixture No. 2. page 160; but, of all medicines,

* See page 161. † See page 157.

the antimonial puke, No. 3. page 165, is moſt eminently ſerviceable in this ſtate of the complaint, and is often attended with the happieſt effects, and therefore ought not to be omitted: it may be given once a day, while the complaint continues: as it commonly operates both upward and downward, it clears away the offending matter from the ſtomach and bowels, which is the cauſe of the complaint, and alſo of the fever; be which means the moſt ſenſible relief is obtained. The powders alone will ſometimes be ſufficient; but if they ſhould not, the pukes muſt no longer be delayed: it is needleſs to repeat that they are perfectly ſafe when given as above directed, page 165.

When the thruſh is neglected, and ſuffered to continue until it is communicated to the bowels, (as it begins firſt in the mouth, and is extended gradually and regularly downward) the ſtools will frequently be ſo ſharp and acrimonious as to inflame the child's backſide, and make it troubleſomely ſore; and which is the moſt certain proof and indication that the complaint has reached the bowels. When this happens, the parts, that are red, inflamed, and ſore, muſt be kept as clean as poſſible, and often waſhed with cold water. And, if the ſoreneſs increaſes, it will be proper to bathe them with the extract of lead and water, prepared as has been directed, page 166, for a ſoreneſs of the backſide, and in the manner there adviſed.

The thrush is infectious; that is, it may be communicated to a child by a nipple that has been in the mouth of another child who has the complaint.

The cause of this complaint has not been yet generally agreed on. During many years particular attention to it, I have scarce ever seen a case, when a child was dry-nursed, without more, or less, of the complaint, but, most commonly with some severity, where means were not made use of to remove it. On the contrary, I have never observed the least appearance of it where the child had no other food from his birth but the breast. I have frequently observed it when a child has been fed with improper food till the breast was ready for him; and much seldomer when he has been so fed with more proper food. From which I have long concluded that the cause is *improper food*; and that the complaint may be ranked with many other injurious consequences (already named) from the same baneful cause*.

THE

* *To the Medical Reader.*—Although experience will pretty clearly ascertain the above cause, it may not be so easy a matter to describe and explain how it operates to produce the effect. We observe that, with adults, the mouth will be sore and ulcerated from a seeming affection of the stomach, without being able exactly to say how or why; and that the state of the mouth is much governed by that of the stomach both in sickness and health. The thrush is evidently of an ulcerous

THE GUM is an eruption of red ſpots reſembling a thick raſh, which often appears a few days after the birth upon any, or every, part of the body:

ous nature, and that of a ſingular or ſpecific kind, which occurs at no other period of life, and may proceed from a diſeaſe of the ſtomach, produced by the application of food much unſuited to it at that juncture. Fever accompanies the diſeaſe, which, although ſcarce perceptible at its commencement, increaſes with the progreſs of the complaint, and appears to be produced or aggravated by irritation from the ulcerated aphthæ. As the diſeaſe occurs about the time that the gaſtric liquor begins to be ſecreted ſo as to act fully upon the mother's milk (ſee note, page 57), it may proceed from ſome affection of the ſecreting-veſſels of the ſtomach, produced, as above obſerved, by the application of unſuitable food; which food, being or becoming acrimonious, may produce ulceration in the mouth, as mentioned in the former part of this note. This opinion is much ſtrengthened by Dr. Cullen's account of the Inflammation of the ſtomach. "It appears, at leaſt from diſſections, that the ſtomach has often been affected with inflammation, when neither pain or pyrexia had before given any notice of it; and ſuch we judge to have been chiefly of the eryſipelatous kind. This kind of inflammation alſo, is eſpecially to be expected from acrimony of any kind applied to the ſtomach, and would certainly occur more frequently from ſuch a cauſe, were not the interior ſurface of this organ defended by a mucus exceeding in large quantity from the numerous follicles placed immediately under the villous coat. On many occaſions, however, the exudation of mucus is prevented, or the liquid poured out is of a leſs viſcid kind, ſo as to be leſs fitted to defend the ſubjacent nerves; and it is in ſuch caſes that acrid matters may readily produce an eryſipelatous affection of the ſtomach." &c.

Firſt Lines of the Practice of Phyſic.

body: if it be attended with a coſtiveneſs, that muſt be removed by giving any thing that is looſening, as manna, magneſia, &c. and avoiding cold, it continues but a ſhort time, ſcarce exceeding the month; is no way dangerous; nor need any thing farther be done for it.—Few children are without this eruption; indeed it is a deſirable appearance as few children are ſo well without it as with it, as it relieves any complaint of the breaſt bowels &c. that may be occaſioned by cold. It ſeems immediately connected with perſpiration, and may be a part of that yet imperfect proceſs, as it differs from any raſh that appears at any future period.

A YELLOWNESS OF THE SKIN, which very often overſpreads the whole body, is very common with infants a few days after they are born; it ſometimes continues for ſome weeks, during which time it often becomes of a deeper yellow, or orange colour. It is not to be regarded, nor is any thing needful to be done to remove it, as it will diſappear totally and ſpontaneouſly at laſt. It is commonly ſaid that the ſkin is left clearer and fairer by it than it otherwiſe would be without it; which ſeems a doubt: however, it is an agreeable deluſion, and may help to reconcile ſo unpleaſing an appearance.—It is of the nature of the Jaundice occaſioned by the cauſes mentioned at the concluſion of the note, page 62.

SOME

SOME children will have milk in their breaſts a few days after birth, and which is commonly preſſed out by the fingers of the nurſe. If the breaſts are much ſwelled and inflamed, this preſſure, if forcible, will give conſiderable pain, and may be attended with worſe conſequences, and more uneaſineſs to the child, than can happen if nothing is done; and if the ſwelling is trifling, forcing out the milk is leſs neceſſary. In all caſes, the preſſing out of the milk is better avoided, and any ſwelling and hardneſs that may happen will be better aſſiſted by a little neats-foot or gooſe oil rubbed gently on, once or twice a day; the milk being left to diſperſe or diſcharge itſelf naturally; the latter of which often happens, with the moſt trifling aſſiſtance; and whenever aſſiſtance by preſſure is given, it ſhould always be of the moſt gentle kind and ſuch as can give little or no pain.

INOCULATION.

VERY young children are not ſo liable to take the ſmall-pox as thoſe that are older; ſo that it rarely happens that a child under ſix months old is attacked with the ſmall-pox; and they will, under that age, often eſcape it when they are in the ſame houſe where the diſeaſe is preſent. Their eſcaping the infection at this age,

age, ſeems to be owing to a mildneſs of the juices of the body, which makes it not ſo readily ſuſceptible of that, and many other infectious diſeaſes; or when it does take place, it is ſometimes in ſo ſlight a degree as not to be diſcerned; which accounts for the opinion formed, and the declaration made, by many, that they have not had the ſmall-pox, although they have been inoculated for it, and have repeatedly been in the way of the infection; yet, upon inquiry, it will generally be diſcovered that they have been expoſed to the infection when infants, although they have not viſibly appeared to take it. I have ſometimes ſeen a child at the breaſt really, or apparently, eſcape the ſmall-pox, when a great part of the ſame family had the diſeaſe. It is oftentimes difficult to communicate the infection by inoculation at this age, and it ſometimes will not take place at all. Dr. Young* inoculated ſeveral children at the Royal Infirmary in Edinburgh at about a week old; yet in none of them could he perceive the infection to take place; he neverthelefs ſuppoſes that ſome of them took the infection, bnt that it was in ſo mild a manner that no external ſymptons or appearances of it could be diſcovered; and yet ſo ſufficiently that they never would have the ſmall-pox afterward.

* Late Profeſſor of Midwifery at Edinburgh.

As

As the diſeaſe proves ſo mild at an early age, it may be ſuppoſed the moſt proper for communicating the infection by inoculation; and which it certainly would, if other reaſons did not diſcourage it; the principal of which is, a dread of convulſions, which infants are ſo ſubject to from many cauſes, and none more ſo than the ſmall-pox: it is true, all children have not convulſions with the ſmall-pox, and when they have, it is commonly in ſo ſlight a manner as not to endanger their lives; yet if the convulſions *ſhould* prove fatal, as it *may* happen, and *has* happened; that riſque is a ſufficient reaſon for forbidding the inoculation, and to point out the advantage of deferring it to a future ſeaſon, when ſo much danger is not to be apprehended from ſo alarming a ſympton.

The objections, here offered, cannot be ſaid to be much leſſened or removed at any age under ſix months; and at that age, or about the ſeventh month, the teeth are expected to make their appearance, which has been always ſuppoſed a ſufficient cauſe to forbid inoculation; and as teething often continues attended with danger until the expiration of the twelve months, the practice of inoculation ſeems entirely prohibited and forbidden during the whole of the firſt year.

It is a practice with many to adviſe inoculation about the fifth or ſixth month, from a ſup-

poſition, that a child will, at that age, have acquired ſtrength ſufficient to combat the ſmall-pox; and that they will avoid the riſque and danger from teething by doing it a little while before the teeth may be expected to come. But this may prove deceitful, as will hereafter appear,* and when it is conſidered; that the time of breeding the teeth, which commences about the third month is ſometimes as tedious, troubleſome, and dangerous, as that of getting or cutting them; and that there may be conſequently as much riſque and danger from the ſmall-pox at the time of breeding, as at the time of cutting teeth. I have ſeen a great many caſes, both in inoculation and in the natural way, where children have been cutting teeth, both ſingle and double ones, and where they have had the gums very much ſwelled and inflamed, with pain and fever, at the time of the eruption of the ſmall-pox, who have yet done as well, and have had as ſmall a quantity of puſtules, or the pock, as if nothing of the kind had happened: however, as this is not always to be expected, ſome precautions will ſtill be proper to be obſerved.†

SOME

* See *Teething.*

† *To the Medical Reader.*——It appears upon many occaſions, that although the ſymptomatic fever from cutting of teeth ſhall be very ſmart during the eruption of the ſmall-pox (as is diſcovered by the ſtate of the gums, and the febrile ſymptoms continuing beyond the period of eruption), yet that

Some children get their teeth much eaſier than others; the greateſt difficulty and danger generally attends getting the firſt teeth; and if a child gets his firſt teeth without much trouble

that the diſeaſe does not ſeem rendered more unfavourable, or aggravated in any of its conſequences, by ſuch accumlated fever.—On the other hand, there is frequently the greateſt reaſon to ſuppoſe the diſeaſe much aggravated by ſuch fever.—This difference and diſtinction I have frequently noticed under the following circumſtances.—I have obſerved that when a child has been attacked with urgent ſymptoms of dentition at the time of, or a day *or two* before, the eruptive fever of the ſmall-pox, that the diſeaſe (as in the firſt inſtance above-recited) has been as mild and favourable as might have been expected had no ſuch additional cauſe interpoſed. On the contrary, and when the ſymptoms of dentition may have ſeemed to aggravate the diſeaſe and its conſequences, I have often obſerved that the ſymptoms of dentition have exiſted without intermiſſion ſome time (perhaps a week, fortnight, or longer) before the attack of the ſmall-pox: or elſe that the child has had one or more *ſevere* attacks immediately previous to that of the ſmall-pox.—From theſe obſervations, it ſhould ſeem, that the ſymptomatic fever excited by the teeth will not always ſenſibly add to the quantity of the puſtules of the ſmall-pox, or its malignity; and that cool air, and cool treatment, will very often ſo far ſubdue the contagion, and its fermentative proceſs in the habit, as to bid defiance to the auxiliary fever. So that when the diſeaſe becomes aggravated by the teeth, it may, moſtly, happen from a putreſcency induced by the attack or attacks of fever prior to this period; as the caſes, which I have ſeen ſo circumſtanced, were invariably accompanied with marks of putreſcency, diſcoverable by purple petechiæ, &c. according to the degrees of malignity.

and uneaſineſs, it ſeldom happens that he has much difficulty afterwards. From which it may be concluded; that if, about the ninth or tenth month, a child has got two, or more, of his teeth without much trouble or difficulty, he may be inoculated with great ſaftey: but if the teeth, which he has then got, whether more or not, have come with much pain, fever, or difficulty, it will be moſt adviſeable to wait till theſe difficulties and all danger from teething are got over, before the inoculation is ventured upon. It will be better to defer inoculation till a tooth is cut, even although it ſhould be twelve or fourteen months before that happens, for the above reaſons.

THERE is a rule which I have invariably obſerved in the inoculation of children while they are getting teeth: it is; as the teeth generally cut regularly in pairs,* and as there is commonly a ſpace of a few weeks between the cutting of each pair, I have the child properly prepared, and take the opportunity of introducing the infection very ſoon after the cutting of a pair; by which the ſmall-pox is generally finiſhed and over in

THESE diſtinctions may be of uſe in aſcertaining a ſuitable period for inoculation, when it is to be governed by the teeth.

THE above remarks apply, when the diſeaſe is connected with meaſles and chincough.

* See *Teething*.

the

the ſpace or interval betwixt the cutting of the teeth; and the child eſcapes pain and danger from the teeth.

Dr. Dimsdale, a gentleman who has had a long and extenſive experience, and who has publiſhed upon inoculation, ſays; he declines inoculation upon a child under two years old, where it is left to his own choice, on account of the hazards from convulſions, fevers, fluxes, teething, and other complaints, to which children are ſubject: no doubt he is directed in his opinion by the extreme of prudence; and when children can be kept ſafely out of the reach of infection, it is an age as early as a cautious choice will direct: but in large and populous towns and neighbourhoods that are ſeldom free from the infection; or in other places where it may happen to prevail; it cannot be ſo adviſable to run the riſque, for ſo long a time, of taking it in the natural way; as the inoculation is practiſed with great ſafety by an attention to the cautions above recited, at a much earlier age; and any age above three months, is found to anſwer very well, where a child is in a healthy ſtate. It is of importance to avoid inoculation at a time when the meaſles, chincough or any dangerous prevailing diſorder is very predominant.

A good deal of ſtreſs has been laid upon the ſeaſons of the year beſt ſuited for inoculation.

The

The *spring*, and *autumn*, have been recommended on account of their *temperature;* and on that account, are proper enough; but as children, at thoſe ſeaſons *and particularly the latter*, are more ſubject to *worms*, *looſeneſſes*, *fevers*, *ſore throats*, &c. than at any other, they become leſs eligible. Therefore, from Midſummer till Chriſtmas, or until the froſt ſets in, is the moſt improper ſeaſons for inoculation (ſee page 175: and the article, *raſh*). Cold ſeaſons, and particulary froſty weather, are undoubtedly more ſuitable than thoſe that are warm, damp, or wet. It will always be better deferred when the meaſles, chincough, or any ſevere diſorder, is very rife.* It is no advantage to a child to

* *To the Medical Reader.*——As putreſcency is moſt prevalent in febrile complaints in the autumn, that muſt obviously be the leaſt favourable ſeaſon, in general, for inoculation.—As cold favours in general an inflammatory diatheſis, it has been ſuppoſed, by Dr. Cullen, unfavourable to the diſeaſe. That, from experiences does not appear ſo concluſive. We however know, that cold has a power of reſtraining the eruption, and, that, generally according to the degree in which it is applied; not only by its action upon the ſurface of the body, but more particularly as taken into the lungs in breathing, where the effect cold air produces, in abating the fever in ſo ſudden and effectual a manner, might juſtly lead to an opinion of its poſſeſſing a a ſpecific power of ſubduing the contagion and ſuppreſſing its aſſimilation with the blood or fluids.—*See the note which accompanies the* meaſles.

be inoculated after he is weaned, at any age, as he can, if he is weaned, be better prepared by his diet than he otherwife could, provided his nurfe is ever fo attentive to her own diet for that purpofe, and he will more readily be got to take fuch kind of drink and medicines as are proper for him at the time of the eruptive fever, or when the fmall pox are about to make their appearance. Secondly; children who fuck will feldom, when they ail any thing, be appeafed or fatisfied without they are almoft conftantly lying at the breaft; and that, at night and in bed efpecially; which muft keep them hotter than they ought to be at that time, and which will of courfe, and as certainly, add to and increafe the quantity of the fmall-pox, upon the face particularly. Hence children at the breaft are generally fuller than thofe who are weaned.

The advantage attending inoculation are fo obvious, and fo univerfally known and eftablifhed, as to make a recital of them fuperfluous and unneceffary in this place. Thofe who are moft converfant in it are the beft fatisfied, that little inconvenience or difadvantage has ever really, and unequivocally, accompanied a judicious management of it; on the contrary, is is fraught and replete with greater benefit and comfort to mankind, than any meafure ever yet adopted for the mitigation of any calamity, of like magnitude, the human body is heir to. Yet, although

though the cleareſt evidence and moſt convincing proofs are to be gathered from reaſon, experience, and the conviction of the external ſenſes, in its favour, there are thoſe to be found who are ſtrongly biaſſed againſt it, who ſtrenuouſly oppoſe it, and who even are ſtudious in depreciating it:—but no wonder—ſince mankind are, by nature, diſpoſed to differ in ſentiment; and perhaps no one poſition, which the art or ingenuity of man has been able to frame or conceive, was ever univerſally adopted, or aſſented to! Thoſe perſons who will allow the conviction of their own ſenſes to decide in the matter, muſt be convinced of its diſtinguiſhed excellence, by conſidering, how much perſonal grace and beauty are preſerved by it, by comparing the preſent ſet of faces with thoſe twenty or thirty years backwards: by examining and comparing the regiſters and impartial accounts of thoſe who have been at the pains to collect them, reſpecting the fatality of the diſeaſe in the natural way, and that by inoculation: by the example of the moſt learned, and, in every reſpect, moſt eminently diſtinguiſhed perſonages in the kingdom: with many other arguments; all, and every, of which, if conſidered without *prejudice*, would convince, where conviction will be admitted. Some there are who object to it from a religious motive, by ſuppoſing that it is interfering with the diſpenſation of the

Divine

Divine Providence; yet they ought to confider, that the ALMIGHTY has endowed us with powers, and has put weapons into our hands, to preferve and defend ourfelves, and to enable us to encounter many calamities, difficulties, and dangers which, HE HIMSELF, for purpofes beft known to HIS unerring wifdom, has placed in our way, and which we muft, for our own prefervation, neceffarily combat. Every difcovery which HE vouchfafes to make us, it is our duty fully to refpect, and to exprefs our gratitude for, by applying it to the purpofe and intention it is calculated to anfwer; and which like a "*talent*," is not given us to be "*buried in the ground*;" but to be appropriated to fuch an ufe as may difplay the beneficence of the CREATOR, "*and declare the wonders that he doth for the children of men.*"--- The affiftance and power of art and medicine are eagerly folicited for the *prevention* and *mitigation* of every *other* difeafe which we are liable to, without referve or reftraint; therefore why *this dreadful difeafe* fhould be fingled out, and we forbidden to difarm it of its terrors, can be no more eafily conceived than, that we ought fupinely to fit down under every calamity and danger which daily awaits us, without exercifing thofe means, for extricating ourfelves from them, which have been apparently and defignedly given us for the purpofe of fo doing. Houfes have been thrown down and burnt, and lives have

been loſt, by lightening; yet can it be deemed impiety to endeavour to preſerve ourſelves from, and avert the ligtening's rage, by the means which the ALMIGHTY has ſuffered to be diſcovered to us, for that purpoſe?

THE anxiety and diſtreſs which thoſe ſuffer, who become old enough to be ſenſible of the ſevere effects and extreme danger of the ſmall pox before they have it, muſt be a ſtrong argument with parents to prevent ſuch anxiety by an early communication of the diſeaſe.

MANY, are prevented from ſubmitting to the inoculation of their children, by fear only, who otherwiſe are diſpoſed to favour the deſign and propriery of it, and who think it right: their mode of reaſoning is; "they could wiſh to do "it, but dare not; for if any accident *ſhould* "happen, they could never forgive themſelves." If this kind of argument, which ariſes from fear, and is produced by a want of the exertion of the reaſon, was ſuffered and encouraged upon all occaſions through life, we might be continually unhappy, and perpetually blaming ourſelves for every tranſaction which did not anſwer our expectations, although the reſult of the moſt mature deliberation. The maxim by which we ought to govern ourſelves, upon this as on every occaſion, is, that whatever act we commit, and whatever we do, as the reſult of our reaſon, we do ourſelves the higheſt injuſtice to blame

ourſelves

ourſelves for, when the event happens not to be ſo favourable as our reaſon promiſed us to expect and hope for. On this account therefore, they who cannot bring their reaſon to coincide with the propriety of inoculation, would be to blame to ſubmit to it: but when the reaſon favours it, it is an incumbent duty to comply with it, and (of courſe) a breach, or neglect, of that duty not ſo to do. It may be ſaid, ſome die under inoculation. It is true ſuch accidents have happened; but they are comparatively ſo ſmall, when properly conſidered, as ſcarcely to amount to an objection. Some would die, out of a given number, in the ſpace of time neceſſary for going through inoculation, of ſome diſeaſe, provided none of them were inoculated; and when children die under inoculation, it commonly happens from ſome other complaint attacking them at the ſame time, which might be equally fatal without the inoculation; as fits, fluxes, fevers, and other accidental complaints, againſt which no human foreſight can guard, and which may equally occur at the attack of the natural ſmall-pox.*

* In a general inoculation in Liverpool, ending May 1784; of 1134 inoculated patients, chiefly very young children and at the breaſt, ſeven died; which is one in 162. Thoſe that died were chiefly of the loweſt order of the poor, whoſe parents could not be prevailed upon to avoid giving them ſpirits and other heating things, and keeping them unuſually hot in bed; otherwiſe the proportion of deaths would have been much leſs.

An apprehension of the risque of communicating some other disease along with the small-pox has been alledged as an argument against inoculation; but experience proves clearly the futility of such reasoning; the probability, also, of such an event, is contradictory to reason and the laws of the human œconomy.

The notion in favour of taking the small-pox a second time, and in the natural way, after inoculation, is a mistaken one, where the infection has before taken place *completely* from the inoculation; and can only be accounted for, like the others, from a want of knowledge and experience in those who favour such an opinion; or such reports may be circulated as a bug-bear, held out to answer some sinister or interested purpose. If a person can have the disease a second time in the natural way, he may also by and after inoculation; but not otherwise; as the disease is exactly and specifically the same, in what shape or form soever it is received.*

Some of the leading advantages attending inoculation, are: the choice of a time when a child is in the best state of health to have the small-pox: a choice of the season of the year: preparation: knowing the time when the disease

* The chicken-pox sometimes resembles the small-pox so much as to deceive persons not versant in the disease; hence commonly arises the deception of a second infection.

will

will come on, which affords opportunity to treat it properly at the beginning, and which is of the moſt important conſequences as to its favourable or unfavourable termination.

INOCULATION has been practiſed by ſeveral out of the profeſſion of medicine, with charitable and humane intentions towards the poor. Societies of medical perſons for the purpoſe of general inoculations have been lately ſo frequent as to render that unneceſſary now, in many parts of the kingdom. Any perſon may acquire a knowledge of performing the operation and conducting the progreſs of the buſineſs in a general way; yet that is the leaſt part of the concern, as it requires a knowledge of the patient's ſtate of health, and to know how to act under any unforeſeen difficulties that may ariſe in the progreſs of the diſeaſe; as it frequently happens that other diſorders occur during the progreſs of the diſeaſe, which if not timely obſerved, or not properly treated, may endanger or ruin the ſucceſs of the undertaking. The following deſcription of inoculation and the treatment following it, is not therefore here given with a deſign of its being practiſed without medical aſſiſtance, but only as an aid to that aſſiſtance; as ſituations may occur where it may be acceptable.

WITH the point of a lancet, moiſtened with the

the matter of the ſmall-pox, a ſmall inciſion is made in the arm (as being a convenient part). The inciſion is ſo ſlight and trifling as often not to be felt by a child; or to draw blood; nor does it require any thing to be put upon it. On this day and the next, there is ſeldom any alteration in the appearances of the inciſion. On the third day, it begins to look red, like a ſcratch from a pin; and on this and the following day, it changes to ſomewhat of an orange colour, with a ſmall white bliſter in the courſe of the inciſion, and may be ſeen and felt a little raiſed above the ſkin; all which are ſigns of the infection having taken effect; and, on the contrary, if theſe appearances do not take place, it may be ſuppoſed the operation has not ſucceeded; although inſtances occur where theſe appearances are protracted ſome time longer. Theſe appearances increaſe daily when the infection has taken effect, the part looking larger, more inflamed, raiſed, and bliſtered (but without pain) till the ſeventh or eighth day.* The inflammation of the arm may now be obſerved to ſpread much; and it is not unuſual to ſee a number of ſmall white ſpots ſurrounding, and upon the inflamed part.

* If about the ſixth day, a pain is felt in the arm-pit of a child, old enough to deſcribe it, it is an almoſt unerring ſign of the infection having taken place.

It is about this time the child may be expected to ficken; which may firft be difcovered by his becoming dull and heavy, and being more than ufually hot and feverifh, with fometimes flight fhiverings; the breath fhort, hot, and offenfive; the eyes heavy, and more or lefs red and inflamed; ftartings, when dozing or fleeping; fometimes vomiting; the feet cold, when every other part of the body feels hot, which is a fymptom peculiar to the fmall-pox, and the moft certain one. It may be proper to obferve here, that, at this time, under thefe circumftances, one or more convulfion fits may happen, without any the leaft danger to be apprehended from it; and is no very unufual occurrence at this time with young children, nor does it require any diftinct treatment.

In this fituation it will be very proper to keep the child very cool, and by all means from the fire: he muft not be fuffered to lay with his face in the neck of the perfon who carries him (which children are much difpofed to do in this complaint), but may be laid acrofs the arms upon a pillow, or without, and carried about the houfe, in any part of it where he can breathe a cool air: he muft not be wrapped up warmer than ufual, and particular care muft be taken to have his face always uncovered: at night, when in bed, he muft be kept very

cool,

cool, and not ſuffered to lay near his nurſe: in the day, he may lay upon his back acroſs the lap; or rather upon a ſettee, or ſofa, which will be cooler than the knee. As a thirſt is common at this time, if the child is weaned he may drink cold water with, or without, a toaſt in it; or milk and water, cold; whatever elſe he drinks ought to be cold, and without any wine, or other liquor of the kind, in it: if the child ſucks, he may have the ſame drink, if he will take it; but a child at the breaſt will ſeldom take any thing elſe willingly at this time. As a child on all occaſions of pain or uneaſineſs is amuſed and ſoothed by the breaſt; ſo at this time he will lay conſtantly at the breaſt, if ſo indulged. This however muſt be carefully avoided; as it will heat him too much, his face particularly, and to a certainty will increaſe the quantity of ſmall-pox on his face, in proportion as he is ſo heated there: therefore he muſt not have the breaſt oftener nor longer at a time than is really requiſite for his ſupport as food.

A FEW looſe ſtools are commonly procured at this time, and which afford a ſenſible relief to the fever and the other ſymptoms abovementioned.*

The

* *To the Medical Reader.*——Emetics are in very general uſe at the time of the eruptive fever; but it is agreed, by all, that their good effect is never ſo apparent as when they

The abovementioned ſymptoms generally increaſe and continue without abatement till the eruption comes quite out, which happens in three or four days from the firſt attack; and if the eruption is ſmall in quantity (as generally is the caſe in inoculation) the fever and other ſymptoms go entirely away, the buſineſs is completed, and the child ails no more.

THIS favourable termination depends however very much upon the treatment from the firſt ſickening till the eruption appears; and reſts upon the cool treatment here mentioned, and that in a very eſſential degree on proper expoſure to the cold air. There has been a good deal of difference of opinion reſpecting the de-

they operate by ſtool alſo. As the operation of purgatives, at this time, is accompanied with ſuch evident and deſirable effects, it is highly reaſonable to conclude that ſuch good effect depends chiefly upon their determining to the inteſtines, and, of courſe, deriving from the ſkin. As, therefore, purgatives, cool air, and every other means that diminiſh the determination to the ſkin and promote it elſewhere, are the moſt ſovereign remedies at this period of the diſeaſe; may it not be concluded, that emetics of all kinds, but particularly antimonials, as determining to the ſkin, are not only improper, but even injurious? And may not this ſuppoſition be ſufficient to forbid their uſe, eſpecially as they are not obſerved to be accompanied with much, if any, obvious benefit independent of their caſual purgative operation?

gree of cold to which a perfon fhould be expofed at this time, but which can never be precifely fixed; it muft always be regulated by the following circumftances, viz. the degree of heat and fever which occurs at the time. If the heat, heavinefs, and fever, are very great, a greater expofure to cold is neceffary than if thefe fymptoms are flight; and this is the only mode of regulation that can be adopted. A child with a very confiderable degree of fever will be comfortable and relieved by being much out of doors in the coldeft weather, who would be oppreffed and fuffer a great deal if not fo expofed; while undoubtedly a child with a moderate degree of fever would receive injury from fuch fevere expofure.

It is not fo neceffary to expofe the body to the cold, as that cold air fhould be *breathed*: as *breathed*, it feems to act as a cordial and reftorative, and has the happieft effect in fubduing the violence of the difeafe; and which it does by reftraining and abating the fever, by which the eruption is retarded and diminifhed—its powerful effects therefore are confined to this period of the difeafe only. It can fcarce be properly obtained at any feafon within doors, except perhaps in a current of air between doors or windows; and therefore it will be better to have the child a good deal out of doors, in all

feafons,

ſeaſons, as will be ſoon perceived by the comfort and relief it affords: and it is ſometimes neceſſary when the fever runs high, to be out a great part of the day and night, in even ſevere ſeaſons, to make the child comfortably cool, and to refreſh him and relieve him from the oppreſſion he labours under; and it is by this teſt alone that the degree of cold is to be aſcertained.

The body however ſhould not be kept warmer than at other times, as whatever part is kept the warmeſt will be fulleſt of the eruption, as appears by thoſe parts of the thighs behind, of a child, which are covered and infolded by the arms in carrying, being apparently fuller than the adjoining parts. In the caſe of a young woman, who I inoculated at a diſtant farm houſe, who could not be prevailed on in my abſence to keep her feet out of the aſhes of a hearth fire (her feet being cold as uſual on this occaſion) at this juncture; when the ſmall-pox came out, her feet ſeemed each one continued bliſter, as if they had been burnt or ſcalded; but which was the ſmall-pox, which, from the quantity on the feet, had that appearance, as they increaſed and filled regularly with the eruption on the other parts of the body, and, when at height, became ſeverely painful, although the diſeaſe was favourable in other reſpects; except the inſides of her hands,

hands, that were in a like condition; for, as ſhe ſat near the fire, ſhe held her hands as a ſcreen to her face; whereby however the face was fortunately preſerved a great deal better than might have been expected.

It is a comfortable reflection that this diſeaſe, once ſo formidable, and which was juſtly conſidered the moſt dreadful the human race had inevitably to encounter, is now in ſo great a meaſure diveſted and diſarmed of its terrors.

OF THE NATURAL SMALL POX.

WHEN the ſmall-pox is in a town or neighbourhood, thoſe who have not had it are continually liable to be infected, although they may not immediately be near, or in the preſence of an infected perſon, as the infection may be conveyed to a conſiderable diſtance in the cloaths of a perſon who has been with another in the ſmall-pox. It is in this manner, chiefly, that the diſeaſe is communicated to any diſtance, and not in the air.

It is not an eaſy matter to determine certainly when a child is attacked with the ſmall-pox, as no ſymptom that occurs, previous to the eruption, marks it diſtinctly. If a child when in good health

health and without any apparent caufe, fhould fuddenly become dull and heavy, with the fymptoms defcribed to happen previous to eruption from inoculation, page 215, and the fmall-pox is prevalent in the town or neighbourhood, his complaint may reafonably be fuppofed to be the fmall-pox, efpecially if it does not abate or go off in the courfe of the firft or fecond day. The coldnefs of the feet is the moft certain fign. Thus circumftanced, the treatment there defcribed will be proper whatever the complaint may prove.

It feldom happens as from inoculation, that the fymptoms abate, in any degree, till the fmall-pox comes out; which commonly happens about the third day from the firft fickening; during which time, the fame cool treatment muft be ftrictly continued without intermiffion. It is a general obfervation, almoft without exception, that, the longer the fmall-pox is in coming out, after the time of fickening, the better; and that, an early eruption is as certain an indication of an unfavourable difeafe, as a late one is of a mild and favourable kind of fmall-pox.—The eruption, or coming out of the pock, may be called very early when it happens with, or on the fame day* with, the firft ficknefs; upon this

* By the firft day, is meant, within twenty-four hours from the firft fickening. By the fecond day, forty-eight hours. And fo on.

occafion

occasion it comes out generally very suddenly, in great quantity, and the face and breast are covered, as with a rash. The second day may be called early for the eruption; and when it happens on that day, the face and breast are commonly very full, and have the appearance of a rash upon them. The third day is as soon as the eruption is to be wished for: it then generally comes out more slowly and distinctly; and is oftentimes scarcely to be discovered till the fourth day. Sometimes the eruption is not to be at all discerned till the fourth day; when it comes out very slowly, and the spots are very distinct and few in number. Sometimes a few distinct spots will be seen on the second day, although the bulk of the eruption does not appear till the third or fourth day, and the disease will prove favourable.—When the eruption happens so early as the first day, the fever and other symptoms seldom abate during the whole course of the disease, which may be expected to prove fatal. When the eruption happens on the second day, the fever seldom abates, much, and if it should abate a little when the eruption is completed, it returns again in a few days, and much danger is to be expected, as the patient is commonly very full.—It seldom happens that the patient is very full when the eruption is delayed till the third day; and if he

he is full, the ſmall-pox is generally of a favourable kind, and the fever abates very conſiderably when the eruption is completed; and although it returns when the pock comes to be at the height, which is commonly about the eighth, or ninth day, yet it is moſtly ſlight; and he does well. When the patient has few in number, the fever goes off entirely when the eruption is finiſhed, and ſeldom returns afterwards. When the eruption is protracted till the fourth day, the diſeaſe may always be expected to be mild and favourable.

As it appears that a late eruption is accompanied with ſuch favourable circumſtances, it is very much to be wiſhed for: the means for accompliſhing, or greatly promoting it, are within the reach and compaſs of every perſon; and are no other than the cool treatment before named; and they who will be prevailed upon to conform with it, may expect all the benefit and aſſiſtance which art can afford them: but it is worthy of remark, that from the time of the ſickening, to that of the coming out of the ſmall-pox, is the only time when this cool treatment can be practiſed to the moſt advantage; and that if it ſhould be omitted then, and that period and opportunity be ſuffered to ſlip and paſs, neither it, nor any other means, that can be deviſed, will, afterwards, be attended

with

with any material benefit to the poor ſufferer; as his fate is generally fixed, and may be determined as ſoon as the eruption is completed, beyond the utmoſt reach of art to alter.

Wine, or cordials, of all ſorts are to be ſtrictly avoided; as alſo warm drink; warm rooms, from fire or any other cauſe; and warm beds: and on the contrary, the free breathing of cool air, out of doors if the weather is not uncommonly rigorous; cold drink; and cool beds, are to be the chief dependencies.*

A far-

* There is not in the annals of medicine any thing ſo extraordinary, and that reflects ſo ſeverely and juſtly upon its profeſſors, as a neglect of the advice and example of the illuſtrious Sydenham; who, more than a hundred years ago, publiſhed his method of treating the ſmall-pox; and which, although nearly ſimilar to the preſent moſt improved and happy manner, was diſregarded until very lately. What ſtill renders this circumſtance more unaccountable, is, the eſteem in which his works have been univerſally held and acknowledged ſince his death; and that a part of his practice in the ſame diſeaſe, viz. the adminiſtering of opiates in the advanced ſtate of it, ſhould be adopted, whilſt the moſt material part, the cool regimen and treatment during the eruptive fever, was neglected.—Fourteen years after his letter to Dr. *Cole* on his improved treatment of the ſmall-pox, as recorded in his works, we find that, Mary, *queen* to *king* William III. fell a victim to the prejudice in favour of the heating regimen. Her caſe is recorded by Dr. *Harris*, in a treatiſe on the diſeaſes of children, and ſeveral other "grievous diſeaſes." Dr. *Harris*, who attended her majeſty at that time, ſays; that

upon

A FARTHER accompanyment of this diſeaſe, in a domeſtic line, is ſeldom done; and would be unintelligible and of no advantage here; what has been already obſerved, refers to that part of it which is of the moſt conſequence to be attended to; and as it often happens that the complaint is not diſcovered and underſtood by the patient's friends before the actual appearance of the ſmall-pox, the uſual appearances, and manner of treating it at this period, are of conſequence to be univerſally known and underſtood.

IT is cuſtomary, and very proper, to give a doſe of phyſic a day, or two, after the ſmall-pox have turned the height; which the beſt and moſt favourable kind will do about the ſixth or ſeventh day; the worſt and moſt dangerous

upon all occaſions of feveriſhneſs ſhe was accuſtomed, by the advice of Dr. *Lower*, to take a large quantity of Venice Treacle (then much in vogue) on going to bed, to promote ſweating; that, on being attacked with the ſmall-pox, ſhe took larger quantities than uſual; and being of a plethoric habit, the eruption was accompanied with the moſt unfavourable appearances, of petechiæ; a copious diſcharge of blood from the lungs, and in the urine; and an efflorcſcence upon the ſkin, which, together with the bloody coloured petechiæ, gave the appearance of the meaſles, with which the phyſicians then (perhaps improperly) ſuppoſed the ſmall-pox to be united. She died on the night of the eighth day from the attack.

 ſort

fort feldom turn before the eleventh day after their coming out. The eruption always appears firft upon the face, breaft, and upper parts of the body; and laft of all on the legs and feet; and, when at the height, it turns firft upon the face, and laft of all upon the legs.

THE CHICKEN-POX is fometimes taken for the fmall-pox, and has given rife to the opinion of a perfon's having the fmall-pox twice, as they will often pit like the fmall-pox; but although they are fomewhat alike, yet they may be diftinguifhed by attending to the following appearances. A child is feldom fo ill upon the coming out of the chicken-pox, as he is of the fmall-pox; and when it comes out, the pock rifes all at once, and fills immediately with a thin liquor, which always remains nearly fo, and does not turn fo white and thick as in the fmall-pox. The pock is broad and flat, and does not, like the fmall-pox, feel prominent and hard in the fkin like a fmall pea. It is very generally accompanied with a fmarting pain on firft coming out, which the fmall-pox never is. The chicken-pox always turns, and goes off, in three or four days; which the fmall-pox never does in lefs than a week;

week; and which, of all other appearances, most distinctly marks the difference between the two disorders; and there are no eruptions, that resemble the small-pox, which do not turn or disappear in less than a week from their first appearance. It is seldom that any thing is necessary to be done in the chicken-pox: a dose or two of physic may be proper, afterwards. It seldom, or never proves dangerous; and never happens more than once in the life.

THE MEASLES.

THE measles, like the small-pox, do not often attack young children, who will frequently escape although the disease be in the same house with them. There are particular seasons of the year when the measles are most subject to be rife, or prevalent: the season which is the most common to them, is, the spring.

THE signs, or symptoms of the measles, are a sickness; a heaviness; a thirst; a short, dry, husky cough, with hoarseness; a sneezing, and running at the nose; and a running and thin discharge from the eyes, which appear red and much inflamed, particularly the eye-lids; sometimes cold shiverings. These symptoms are commonly

 slight

ſlight at firſt, and increaſe till the meaſles come out; which generally happens on the fourth day from the firſt attack, although children will frequently be much indiſpoſed for a week before they come out. At the firſt appearance of the meaſles, they look like flea bites upon the face and neck, in diſtant ſpots; but, ſoon after, the face, neck, and breaſt, are covered in patches, reſembling a thick raſh that does not ſeem to riſe above the ſkin, although it may be diſcovered by the touch, and feel of the hand, to be a little prominent or raiſed upon the face and breaſt, but not upon the other parts of the body. The meaſles, like the ſmall-pox, come out firſt upon the upper parts of the body, and laſt of all upon the feet; and they obſerve the ſame progreſſive regularity in going off.

There is no diſeaſe, to which children are liable, that is ſo ſickly, and attended with ſo much depreſſion and dejection, as this; as it is very common for the moſt lively children to lay in a ſtupor, or ſtate of heavineſs and ſeeming inſenſibility, from the ſecond day of the attack, during the whole of the complaint, which continues three days after the firſt coming out: on the third day, the eruption begins to look paler: and, on the fourth, goes off with a mealy appearance upon the ſkin. During the whole of the complaint, there is a ſmart fever, which

which often, with the cough, and a difficuly of breathing, increaſe in proportion as the diſorder advances, and will ſometimes be the moſt violent and ſevere at the height, or turn, of the meaſles: ſometimes the fever, cough, and other ſymptoms, abate; and the child recovers, in part, his ſpirits ſoon after the meaſles come out; but this is not often the caſe.

A CHILD, in this complaint, muſt not be kept either very warm, or very cold: he ought not to be kept near the fire, nor yet ſuffered to breathe the cold air: it will be beſt to confine him to one room that is moderately and temperately warm; as, much warmth will increaſe his heavineſs, fever, and difficulty of breathing; and cold, and cold air, will add to his hoarſeneſs, and make his cough worſe. His drink may be water, barley water, milk and water, balm tea, or any weak liquor; but water, or milk and water, ſeem moſt agreeable to children at this time. What he drinks ought to be a little warmed, but not hot. Wine, and cordials, in all ſhapes, muſt be totally avoided.

THESE are the moſt material precautions which are to be obſerved on the firſt attack of the meaſles; and although it is not always thought neceſſary to have recourſe to medicine, and medical advice and aſſiſtance, yet they may frequently be employed to great advantage. It

will always be proper to give ſomething at the beginning to procure two or three looſe ſtools; as, the infuſion of ſenna and prunes, or manna: rhubarb, in any ſhape, is not very proper. *Bleeding*, with leeches, or with the lancet, has been thought neceſſary, particularly when the cough is ſevere and violent. My experience has not diſcovered any advantage from bleeding, but, on the contrary, injury. It is not here intended to give a regular and exact account of the medical treatment of the meaſles, which would be of little uſe in a domeſtic line, and might perplex and embarraſs; but as bleeding is ſo general a remedy, and ſometimes had recourſe to rather incautiouſly in this complaint, a caution reſpecting it may not be unſeaſonable, eſpecially as caſes have happened where the incautious and too haſty practice of it has been attended with unfavourable conſequences. When bleeding is uſed before or at the time of the coming out of the meaſles, it will often check and retard the eruption, and will ſometimes cauſe it to ſtrike in; the conſequences of which may prove fatal: therefore, bleeding ought to be very cautiouſly ventured upon.*

Blisters,

* *To the Medical Reader.*——This caution, reſpecting bleeding indiſcriminately in the meaſles, is here given, as well on account of the propriety of delaying it during the firſt attack,

BLISTERS, applied between the ſhoulders or to the ſides, have been found of great uſe in abating the

attack, as to give time to diſcover, by the ſymptoms and appearances, whether the diſeaſe is accompanied with any *unuſual* degree of putreſcency; which, it is well known, ſometimes happens, and forbids a loſs of the vital fluid. For although, in that caſe, the oppreſſion upon the lungs may ſeem urgent, yet it is generally accompanied with an anxiety and oppreſſion that differs much, and it is to be diſtinguiſhed from, the laborious reſpiration, with a hard dry cough, the effect of inflammation only.—It is highly probable that the meaſles are accompanied with more or leſs of putreſcency *always*; and which is diſcovered by a fœtor of the ſtools, which exceeds that from the ſmall-pox, or any other of the common exanthemata: and as this foetor of the ſtools, which is moſt remarkable at, and after, the turn of the meaſles, cannot reaſonably be ſuppoſed a local affection, originating in the inteſtines, ſolely from their natural contents; it muſt be referred to ſome other cauſe; and none ſeems more likely than that it may be, an effuſion from the ſyſtem, depoſited in the inteſtines, in the manner of a critical diſcharge, the effect of the fermentation produced in the habit by the contagion of the meaſles.—Appearances of putreſcency are ſometimes obſerved in the ſmall-pox; yet that ſeldom happens except in the confluent kind; and when they are diſtinct, and moſt favourable, no ſymptom of the kind is to be diſcovered during the progreſs and at the turn of the pock: whereas, in the moſt favourable caſe of the meaſles, this foetor of the fæces regularly occurs.—Why the contagion of the meaſles ſhould induce this putreſcency in the ſyſtem, more than that of the ſmall-pox, cannot be accounted for, while we remain ignorant of the ſpecific qualities of

the cough and relieving the breathing, and may ſafely be applied at any period of the diſeaſe, when the cough and breathing require it.

A FEVER

of contagion in general, as well as each ſpecies diſtinctly. If, in the ſmall-pox, we ſuppoſe putreſcency to be as regularly produced by the contagious ferment as it is in the meaſles, we ſhall be at a loſs farther to diſcover, from analogy, by what means, and in what manner, it is expelled the habit: the eruption and ſuppuration of the pock does not ſeem the means by which its excluſion is effected; as, the more the eruption can be reſtrained and prevented, by expoſure to the cold air and other cooling means, the more mild and favourable the diſeaſe is rendered; and even when the eruption is, by theſe means, entirely reſtrained, we are not ſenſible of any other critical or occaſional diſcharge happening in conſequence thereof. Therefore, as the good effects of cool treatment, eſpecially cold air, is ſo very apparent in the ſmall-pox, whatever the quality and tendency of the contagion may be, it ſeems as if cold air, may, conjunctly with, if not independent of, the ſimple mechanical action of cold upon the ſurface, by a quality and mode of action, yet undiſcovered, have a power of ſubduing the contagion: and although it may be difficult to explain how and in what manner the contagion is acted upon by cold air, yet thus much may be determined with tolerable certainty, viz. that cold air has a power of limiting and reſtraining its aſſimilation with the fluids, to an extent; which extent will be governed, chiefly, by the ſtate of the fluids at the time of eruption; and, of courſe, of preventing its fulleſt putreſcent or other unfavourable effects. Hence, alſo, the eruption will be reſtrained.

THE putreſcency ſo inſeparable from the meaſles, may reaſonably

A FEVER always accompanies the meafles, and is the caufe of the drowfinefs and ftupor which children

reafonably be fuppofed the moft formidable difficulty we have to obviate in that difeafe; and which it will continue to be, until chance leads to the difcovery of a remedy, or means, capable of fubduing it: for we do not find that any ground has been gained, or any advantage derived from the important difcoveries that have been made in the treatment of the fmall-pox, that will admit of a reference to the meafles.—Purging has always been found particularly neceffary after the meafles, and is generally employed with the intention and for the purpofe of draining the body of morbific matter, acrimony, or whatever elfe it may be that is the *remains* of the difeafe *in* the *habit*: but, from the fenfible and inftantaneous relief from the fever and other fymptoms that is obtained, at any time after the turn of the meafles, by loofe ftools, which are always very foetid, it feems likely that nature regularly relieves herfelf by conftantly directing this offenfive matter to the inteftines, to be there depofited; and that therefore our endeavours are feldom or never extended beyond the primæ viæ. It is obferved that the fever and other fymptoms continue, very frequently with little abatement, after the turn and defquamation of the eruption; but then, a difpofition to coftivenefs, or a want of loofe ftools, may alfo be as conftantly obferved; nor will the fymptoms abate, in any confiderable or defireable degree, until loofe ftools happen fpontaneoufly, or are procured by art: but when a loofenefs occurs fpontaneoufly (as often happens) or is produced by art at the turn of the meafles, the fymptoms rarely continue beyond that time. There feems little doubt, therefore, that, during the progrefs of the eruption, or at the turn of the meafles,

children always have in the beginning, and often during the whole of the complaint. Nothing will

this acrimony is regularly thrown into the intestines in the manner, as already observed, of a critical discharge; that, if it passes off immediately by a looseness, the fever and other symptoms disappear; but that, while it is retained in the intestines by costiveness or want of loose stools, it supports the fever, cough, and other symptoms; which are then only symptomatic from this cause; but which will continue, until it be removed by a natural effort of the bowels, or by purgatives administered. That this putrescent acrimony may be retained for some time in the intestines without exciting a looseness, appears from the costive stools, which are discharged at and after the turn of the measles, being equally as offensive and fœtid as when a looseness happens. The loose stools that are discharged at the turn of the measles, are equally as offensive with those that are retained a week or longer. As, upon many occasions, it happens that the intestines are incapable of readily and effectually excluding their morbid contents without the assistance of suitable purgatives; so, upon this, they are highly requisite, as appears by the relief they afford.

The regular occurrence of symptoms of inflammation does not invalidate the argument in favour of putrescency in the measles; as sizy blood, and other inflammatory appearances, are often to be observed at the onset of fevers of other kinds where putrescency is the most apparent.

Dr. Cullen's general observations on blood-letting in fevers, deserve particular attention in the case of measles. After observing how necessary bleeding is, where the violence of re-action, and a phlogistic diathesis, are so evident as to constitute the *principal* part of the disease, he proceeds: "In the case of synocha, therefore, there is little doubt "about

will ſo ſenſibly check and abate this fever, remove the drowſineſs, and reſtore a child's ſpirits, as

" about the propriety of blood-letting; but there are other " caſes of fever, as the ſynochus, and even ſome caſes of " typhus, in which a violent re-action and phlogiſtic dia- " theſis appear, and prevail during ſome part of the courſe " of the diſeaſe; while, at the ſame time, theſe circum- " ſtances do not *conſtitute* the *principal* part of the diſeaſe, " nor are to be expected to continue during the whole courſe " of it; and we know, that, in many caſes, the ſtate of " violent re-action is to be ſucceeded, ſooner or later, by a " ſtate of debility, from the exceſs of which the danger " of the diſeaſe is chiefly to ariſe. It is, therefore, neceſ- " ſary, that, in many caſes, blood-letting ſhould be avoided; " and even although during the inflammatory ſtate of the " diſeaſe, it may be proper, the evacuation ſhould not be " ſo large as to increaſe the ſtate of debility which is to " follow." *Firſt Lines of the Practice of Phyſic*, vol. I. p. 113.

Bleeding, although it may have been thought neceſſary in the meaſles, appears to be much leſs ſo than has been generally imagined, and practiſed; eſpecially with children under four or five years old: it may moſt likely be more ſo with young people, and adults, with whom the phlogiſtic diatheſis muſt be more prevalent than with children. In all the caſes of meaſles which I have attended of late years, of children of the age here named, I have not found bleeding required, and that all have done well without it. As ſoon as the ſymptoms have appeared, I have procured a diſcharge by ſtool, by medicines of which calomel has been a part; at the eruption, as the ſymptoms increaſed, I have given regularly, and daily, a ſolution of tartar emetic

as repeated doſes of the antimonial puke, No. 3. (page 165); it may be begun with on the ſecond or third day after the ſickening of the child, and after the ſtools have been procured as above directed, and repeated, once a day at leaſt, while the fever and heavineſs continue: it will be particularly proper to give it in the evening, at which time the fever is commonly moſt ſevere; and if it operates, as it generally does, both by vomit and ſtool, it will give moſt ſenſible relief; the fever, heat, and oppreſſion, will be conſiderably abated; and the child will be much more eaſy and cheerful, and more tranquil, calm, and ſettled and compoſed, than before he took it.

THE fever and cough will very frequently continue,

emetic (as hereafter deſcribed) in the evening, which, when it has operated both ways, has never failed of procuring an obvious and deſirable remiſſion of the ſymptoms; and, at the deſquamation of the eruption, I have repeated the purgative as often as has been needful for the removal of the remaining ſymptomatic fever. I firſt conceived an opinion of the impropriety of bleeding in the meaſles, from the bad ſucceſs of others who practiſed it, eſpecially in the early part of the diſeaſe; and therefore have not found it at all neceſſary, at any period, under the circumſtances and treatment here deſcribed. It is to be obſerved, that in the above practice, no *unuſual* ſymptoms of putreſcency occurred (and which rarely accompany any febrile complaints in this town), otherwiſe, it might be found more neceſſary to reſtrain the uſe of opening medicines: however, blood-letting, in caſes of *unuſual* putreſcency, will be ſtill the more to be avoided.

tinue, without much abatement, for a few days, or a week, after the meafles are entirely gone; but which, the fever efpecially, may be greatly relieved, or entirely removed, by opening phyfic; a dofe of which may be given as foon as the meafles are turned; and repeated once, or twice, in the courfe of a week. The ftools, which come away with the phyfic, are generally very offenfive, and the matter of which they are compofed is, while it is retained in the bowels, fufficient caufe for the fever; and it may reafonably be fuppofed to be the only caufe, when the relief, that is obtained by the difcharge of it, is confidered; as the fever is fenfibly fubdued by the operation of the phyfic; and it is on this account that repeated dofes of phyfic are found fo requifite after the meafles; and which they are as much, or even more fo than after the fmall-pox. It may always be known that the fever continues, while the dullnefs, thirft, and want of appetite remain; and, during which time, the phyfic ought to be given, at proper intervals, if no other caufe forbids it. It may alfo as certainly be known that the fever is gone off, when the child's fpirits and appetite return; and which when they do, the phyfic may be difcontinued. The danger from the meafles is much increafed when they happen to be connected with the fmall-pox or chin-cough; and therefore, fo circumftanced, they

they require more medical attention than is generally beſtowed upon them.

The eyes, and particularly the eye-lids, will ſometimes remain ſore, ſwelled, and inflamed after the meaſles. The cough alſo will oftentimes continue for ſome time after the fever and every other remains of the meaſles are gone. While either of theſe complaints, of the eyes, or the cough remain, the child ought not to be ſuffered to go out of doors, or be expoſed to the cold; as the air, of a cold ſeaſon particularly, is very apt to add to and greatly aggravate theſe complaints, and may make them very troubleſome and tedious. Too much caution, therefore in avoiding cold, cannot be obſerved while there is any remains of ſore eyes, or cough. It is well known that the meaſles ſometimes leave behind them coughs and ſore eyes, that continue for life; a great part of which are occaſioned by the ſingle circumſtance of going out too ſoon; and which, a little caution, and ſeaſonable confinement within doors, would prevent.

When theſe complaints are confirmed, and of long ſtanding, they ſeldom admit of a complete cure: they are ſometimes relieved by iſſues, and a warm climate. Bliſters, behind the ears, and to the back of the neck, will frequently relieve the eyes, if they are not delayed too long; it will often be needful to repeat them frequently,

to

to receive much benefit from them. It is better to ſuffer the bliſters to heal up, and to apply freſh ones, than to keep one conſtantly open by the means commonly made uſe of for that purpoſe.

CONVULSIONS.

CONVULSIONS are commonly diſtinguiſhed by, and divided into, the two different kinds of, OUTWARD, and INWARD.

OUTWARD *convulſions* are thoſe which are attended with contractions of the limbs and body, graſping of the hands, and diſtortion of the face and features.—When they attack children at, or a few days after the birth, and without any known cauſe, they generally prove fatal: upon this occaſion, a leech or two applied to the foot, will ſometimes give relief, and is the chief remedy to be depended upon; and may be repeated once, or twice, if the fits continue, and the child be luſty and ſtrong. They muſt be applied early, to promiſe a proſpect of ſucceſs. If the child be coſtive, or there be any ſuſpicion of griping, a little opening medicine, of a ſuitable quality, will be proper.

CONVULSIONS, happening at this early period of infancy, generally terminate fatally, as depending

pending upon a caufe deep feated, and beyond the reach and power of art; and when they are violent, and of long continuance, they often leave the limbs and features diftorted, and the faculties fo much impaired, as to render a recovery no very defirable event. However, when the convulfions are flight, a recovery will fometimes be obtained, and that without any of the diftreffing circumftances, in the flighteft degree.

CONVULSIONS may be occafioned by the gripes,* fmall-pox,† teething,‡ and fome other complaints; when the treatment of them muft be governed and directed by the particular diforder they proceed from; for as, in thofe cafes, the convulfions are only a fymptom of the difeafe they are occafioned by, they may be expected to abate, or increafe, according as that difeafe declines, or advances; and it is feldom that any thing can be done for the relief of the convulfions alone, without directing the means in a particular manner to the diforder from whence they proceed: for, as has been formerly obferved, "remove the caufe, and the effects will ceafe." For example; if a child has convulfions when he is cutting teeth; fet the teeth

* See page 153, and 175. † See page 200.

‡ See *Teething*.

at

at liberty, by lancing them, and most likely the convulsions will cease.

Inward *convulsions*, as they are commonly called, differ very much both in their nature and outward appearances from the real convulsions just now described; and may with more propriety, as well as for the sake of distinction, be called *spasms* or *twitchings*. This complaint is to be distinguished and known by a twitching or contraction of the mouth, nose, or any of the features, when asleep. The sweetly pleasing smiles, which are so often observed upon the countenances of infants when asleep, and which the fond mother indulges herself with the idea of being the effect of pleasing dreams, is no other than the effect of what is called inward convulsions. The expressions of grief, or pain, which children shew when asleep, are to be attributed to the same cause; and often alternate with those of pleasure; as are also the sudden startings and twitchings, in that situation.—These symptoms and appearances proceed from spasms or contractions of the stomach and bowels, from wind or any other cause; and may be considered as the slightest degree of griping: few, or, perhaps, no children are exempt from them the first or second month; and they are, of themselves, perfectly harmless, although they often accompany griping and other affections of

the ſtomach and bowels. They depend upon the weakneſs and delicacy or irritability of the ſyſtem, or frame, in general, and the ſtomach and bowels in particular, ſo inſeparably connected with the infant ſtate; therefore, nothing but time will ſubdue them.

RASH.

YOUNG children are very ſubject to raſhes, which ſtrike out upon every part of the body, but are moſt frequently diſcovered upon the face, neck, and breaſt: they commonly come out very haſtily, and diſappear as ſuddenly, in the courſe of a few days. They are very ſafe and harmleſs, nor is any thing needful to be done for them. They may ſometimes be occaſioned, when the child is wet-nurſed, by the mother or nurſe over-heating herſelf in hot weather, or by any thing which ſhe may have taken that is of a heating quality. A child is obſerved to be ſometimes a little ſick upon the ſudden diſappearance or ſtriking in of a raſh, but which commonly goes off in a ſhort time: however, if the ſickneſs ſhould continue longer than a day or two, a few of the powders, No. 1, page 159, may be given, eſpecially if there be the leaſt diſpoſition to coſtiveneſs.

CHILDREN

Children at the breaſt will frequently have *raſhes* about the decline of ſummer, particularly in the months of *Auguſt* and *September*, which aſſume different appearances: ſometimes they differ from a common raſh, and are in prominent, diſtinct ſpots reſembling the ſmall-pox: at other times they are in larger ſpots, and like blotches. They are upon this occaſion very generally accompanied with a griping and looſeneſs, and a ſlight degree of fever. The *powders*, No. 1, page 159, will ſeldom fail of relieving theſe complaints; if they ſhould, the *antimonial puke*, No. 3, p. 165, becomes proper, eſpecially if the child is obſerved to have any ſickneſs at ſtomach (ſee page 166). This complaint, thus circumſtanced, is derived from the mother's or nurſe's milk, occaſioned by, and the conſequence and effect of, preſent or preceding ſummer heats; conſequently may be expected, and generally is found to be moſt prevalent at the decline of ſummers that have been more than uſually hot.

The raſhes which come at this period, differ from the gum that appears a few days after the birth.

SORE EARS AND NECK, AND CHAFEING OR FRETTING OF THE SKIN IN OTHER PARTS.

FEW children, during the firſt months, eſcape a fretting of the ſkin behind the ears, and in the wrinkles or folds of the ſkin of the neck; or about the upper parts of the thighs, from the ſharpneſs of their water: oftentimes about the ſeat, in caſes of looſeneſs and ſharp ſour ſtools (page 167). Upon theſe occaſions, nothing is better than duſting the excoriated parts with white lead, as is commonly done, and having the parts waſhed with cold water and cleaned as often as may be; once every day at leaſt. Cleanlineſs and frequent waſhing will go farther in promoting a cure, as well as preventing the complaint, than any other means; and without them all other endeavours will be fruitleſs. When the ſkin is off behind the ears, it will be proper, after duſting the parts with the white lead, to introduce a piece of thin linen rag, thinly ſpread with cerate, behind the ears every day. A piece of ſinged rag is ſometimes applied with good effect. The wearing of a coral neck-lace has its uſe in preventing the chafeing of the ſkin on the neck, as it in part abſorbs and dries up the moiſture which

which cauſes it, and by inſinuating itſelf among the folds of the ſkin, prevents its fretting. If theſe means do not prove effectual in healing and ſkinning any excoriated part, the following application will ſeldom fail of doing it.—Take of, *extract of lead*, and *brandy*, each thirty drops; put them into a ſmall vial, with four ounces (or eight tableſpoons full) of *water*. With a little of this, aired by the fire in a tea-cup, let the parts be bathed, once or twice a day, with a ſoft linen rag. If the ſoreneſs is behind the ears, or in any other part where a plaiſter can be kept on, the cerate ſpread upon a rag, as above mentioned, may be applied after each bathing with the liquid. A ſoreneſs within and behind the ears, and a breaking out upon the face and neck, will ſometimes happen at the time of cutting the teeth. See *teething*.

SORE HEAD.

BY a ſore head, is here meant, a complaint, in ſome places, known by the name of *reef*, or *felon*: it often begins upon the forepart of the head, in large white ſcabs, which, if neglected, ſpread all over the head, and moſtly break out upon the forehead and face, in large patches,

patches, at the ſame time: it ſometimes, generally at the beginning, is dry; at other times it is moiſt, and has a thin diſcharge. Medical writers have named this complaint, *cruſta lactea*, or milky cruſt, from its appearance. The children of the lower order of country perſons, who are groſs and feeding, are moſt ſubject to it; and it ſeems to be occaſioned by a want of cleanlineſs and exerciſe, which children, who have a bountiful ſupply of ſuck, require; but to which parents, in this ſituation, are not often diſpoſed, or ſeldomer have opportunity to afford them. A cabbage leaf is a very common application, as it draws, and greatly promotes a diſcharge from the head, which is ſuppoſed neceſſary previous to the cure: but as ſuch a diſcharge is no way neceſſary, and as it makes the head uncommonly offenſive, it is better not to encourage it; and the ſooner the complaint is cured, the better: for that purpoſe, take of, *brandy*, and *water*, each equal parts; or one part brandy, and two of water; mix them together, and bathe the parts of the head and face where the complaint is, well, once a day, and immediately afterwards lay on a plaiſter of *calamine cerate* (commonly called Turner's cerate) ſpread upon a linen rag, which is alſo to be renewed every day after each waſhing with the *brandy* and *water*. Two or three doſes of phyſic muſt be

given

given during the cure. *Bathing* in the *ſea*, when convenient, and the ſeaſon favours it, will be of great uſe.—I have met with no caſes which were not readily cured by theſe means, and with perfect ſafety to the child, notwithſtanding the general practice is ſo much in favour of drawing, rather than repelling or drying, applications. If a child takes phyſic, no inconvenience can attend the early removal of the complaint, as I am fully ſatisfied of, by repeated experience.

A CHILD is liable to have this complaint in the firſt or ſecond month, or afterward: it is uneaſy to the child, and very diſagreeable and offenſive to the ſight and ſmell. The applications muſt be continued while any remains of the diſorder can be diſcerned. If bathing in the ſea cannot be complied with before or during the cure, it will be very proper, the firſt opportunity, afterwards, to confirm the cure, and to prevent a return of the complaint. Oil-cloth (or oil-caſe) is often applied upon this occaſion; but can have no other uſe, nor anſwer any other purpoſe, than keeping the cap clean, and preventing its ſticking to the head.—This complaint appears to be more peculiar to ſome parts of the kingdom than to others; probably depending upon the air and the mother's diet and habits.

CHILDREN of about four or more years of age, are very liable to ſore heads that differ from the

preceding;

preceding; as the ſoreneſs is confined altogether to the head, except that it will extend to the neck if neglected. It begins in diſtinct browniſh ſpots, that form a ſcab, and diſcharge a thick, gluey matter, that ſticks amongſt the hair. The ſpots increaſe and enlarge ſo as to cover a great part of the head. When theſe ſpots are diſcovered, the hair upon and about them muſt be cut as cloſe as poſſible, and they muſt be waſhed well, every day once or twice, with ſoap and water. If that does not prove ſufficient to remove them, they may be daily anointed with a little tar ointment or Barbadoes tar, with the point of the finger; which rarely fails of a cure. The ſcald head, which is either this complaint in the extreme or nearly allied to it, may be treated in the ſame manner; and which will be going as far as can with propriety be attempted in a domeſtic way.*

TEETHING.

THE time of *cutting* the firſt teeth is very uncertain: it may happen at the third or fourth month; or not before the ſixteenth, or eigh-

* *To the Medical Reader.*——Theſe eruptions have been conſidered as one diſeaſe, under different appearances. The appearances, ſituations, and periods of attack however ſeem to differ ſo much, as to make that doubtful.

teenth

teeth; yet, in general, it is about the feventh or ninth. Strong, thriving, healthy children commonly get teeth fooner than thofe that are puny and weak; yet this is not an invariable rule; as fometimes the healthieft do not cut their teeth before they are a year old.

THERE are *two* ftages or periods of teething which it becomes needful to attend to: the *firft* is the time of *breeding*; and, the *fecond*, the time of *cutting* the teeth.

THE firft, or that of *breeding* the teeth, commonly begins about the third or fourth month; feldom fooner; fometimes later. It may be known that a child is breeding teeth, when, at or about the third month, he has a copious difcharge of faliva, or fpittle, from his mouth; is pleafed with having his gums rubbed with the finger or any hard fubftance, as glafs, coral, &c.; is more fretful and uneafy than ufual; and is at times hot and feverifh, with fometimes, ftartings in his fleep. Thefe are commonly the firft and mildeft fymptoms or appearances of the breeding of teeth, and are what all children may be obferved to have for fome weeks or months, before they cut, or have any appearance of cutting; the firft teeth; and although many get over this period with little more difficulty or difturbance than is here defcribed, yet others fuffer a great deal, and fome lofe their lives; and this

period of teething proves ſometimes as painful, tedious, and dangerous, as the time of getting or cutting the teeth. The more alarming ſymptoms are; when the fever is ſtrong, with great heat, and quick breathing; a drowſineſs and heavineſs, with frequent and ſevere ſtartings and twitchings that ſeem to threaten convulſions, and which, ſometimes, do happen: this may be called the more ſevere ſtate of the breeding of the teeth. A cough, and coſtiveneſs, very often attend both the mild and ſevere ſtate. Theſe ſymptoms and appearances are readily accounted for, and depend upon the following circumſtances.—The teeth, when a child is born, are lodged within their ſockets in the jaw-bones, and are covered with, and enveloped by, a thin membrane,* or ſkin, that is very irritable, and

* The *Medical Reader* will diſcover that the *membrane*, here alluded to, is the *perioſteum* proper to the teeth. The perforation and rupture of this membrane, is an event that has ſcarcely excited the attention of anatomical or other authors, either as to the time when it happens, or the circumſtances attending it. As it is very vaſcular, there can be no doubt of its having a great ſhare of ſenſibility, and that its perforation may excite pain and irritation ſufficient to produce the urgent ſymptomatic affections ſo often obſerved at this early period of dentition. If the ſymptoms of early dentition (which are conſtantly and regularly to be obſerved in a greater or leſs degree) do not proceed from this cauſe; to what other are they to be attributed?

ſenſible

ſenſible of pain: ſo that when the teeth begin to grow and emerge from their receſſes, or ſockets, they muſt neceſſarily diſtend, perforate, and force their way through this membrane, which, when upon the full ſtretch, from its ſenſibility, gives great pain, and occaſions fever, ſtartings, and all the ſymptoms which happen, both in the mild and more ſevere ſtate of teething, above deſcribed. As ſoon as this membrane is completely divided in that part by the tooth or teeth which then happen to be riſing, the child is relieved, for the preſent, from the fever and other complaints; but which are ſubject to return (and which they generally do in much the ſame manner and degree) upon the ſucceſſive riſing of the other teeth: thus it commonly happens, that a child who begins this part of his teething with difficulty, continues it ſo: and the reverſe happens when he begins it favourably.

It is ſeldom that any thing particular is needful to be done during this period, of breeding the teeth, in the mildeſt ſtate of it, and when the child is tolerably free from fever and preſerves his appetite, cheerfulneſs, and vivacity, except guarding againſt coſtiveneſs; as nothing adds more to the heat and fever attending teething; and nothing, on the other hand, more ſenſibly relieves a child in this ſituation, than a looſeneſs, or looſe ſtools.

 A CHILD

A CHILD at this time is pleafed with having his gums rubbed; and which he commonly is indulged in, with a view, as is fuppofed, of forwarding or affifting the cutting of the teeth: but, at this time, it is extremely doubtful whether fuch intention can, in the fmalleft degree, be promoted by it, as the teeth lie too low and deep to be affected by it: however, as it is grateful to the child, is an amufement to him, and feems to footh and lull the pain, it is right to indulge fo harmlefs a gratification. *Coral*, or *glafs* in the form of coral, are commonly made ufe of for this purpofe; but care ought to be taken that they do not crack, fplinter, or break; which if they do, and it is not timely difcovered, the child may receive an injury from them: therefore any other fmooth, polifhed fubftance, that is not fo liable to fuch like accidents, as *wood*, *bone*, &c. become more eligible: a piece of half dried *liquorice root*, with the outer fkin fcraped off, is very proper, and often proves agreeable to the child.

CHILDREN will often get over, this part, of their teething in this eafy manner; yet if at any time, or at the beginning as it will fometimes happen, that the heat, thirft, and fever are more violent, with a dullnefs and drowfinefs, and frequent ftartings when afleep, with, or without convulfions, the cafe requires more par-

ticular

ticular attention. In the firſt place it is neceſſary to give ſomething that will expeditiouſly procure three or four *looſe ſtools* (if the child has not that number daily and naturally), and repeat it every day, or every other day, while the ſymptoms continue ſo violent: *manna, ſenna*, or any thing of the like *cooling* quality, will be proper upon this occaſion. Although a coſtiveneſs is very common at this time, eſpecially at the beginning; yet ſometimes a looſeneſs will come on ſpontaneouſly, which muſt not be haſtily checked, although it be ſevere. Many children have a ſevere looſeneſs, that continues, with little or no abatement, for ſome weeks, when they are getting teeth; yet it is ſeldom adviſable to ſtop, or even check it; and it is very difficult to ſay (eſpecially in this place) when, and upon what occaſions, it is proper to check or ſtop it; as there is no other occaſion in which a continued looſeneſs is attended with ſo little injury to a child, and is of ſuch ſignal uſe and advantage. It will, therefore, always be adviſable to let the looſeneſs take its courſe without attempting to ſtop it, upon all occaſions of teething, except ſomething very particular, in the child's health or conſtitutiou, forbids it; but which rarely happens. As ſoon as there is reaſon to ſuppoſe that the period of breeding the teeth, or a preſent fit of breeding, is over;

which

which is to be partly diſcovered by an abatement of, and relief from, the other ſymptoms of heat, fever, uneaſineſs, and diſcharge of ſpittle from the mouth; it will be proper to check the looſeneſs, if it does not ſettle without; but which will generally be the caſe. If, during the looſeneſs, there ſhould be much griping, with green, ſour ſtools, a little *magneſia* may be daily given, while theſe ſymptoms continue.

BLEEDING is a remedy much to be depended on, when the ſymptoms of heat, fever, drowſineſs, and ſtartings are urgent: it is commonly done, to children, by means of *leeches*; which may be applied to the foot or feet; and may be repeated every day, or every other day, while theſe ſymptoms continue with any degree of ſeverity: two leeches may be applied, at one time, to a child about three months old; and three, to one of five or ſixth months.

THE mouth ought always to be examined, and if there is reaſon to ſuppoſe a tooth or teeth are near cutting, or breaking through the gum, it will be proper to lance the gum, to ſet them at liberty; for, as has been obſerved, a child *may* cut teeth at three or four months; yet it is what very rarely happens; and the lancing of the gums, before the teeth have riſen and grown into them, can be attended with no advantage to the child; as the chance of making the inciſion

in the right place will always be ſo extremely uncertain and precarious, as to diſcourage the attempt.

If the child is wet-nurſed, the nurſe ought to live ſomewhat lower than uſual, at this time; and avoid much fleſh-meat. If he is dry-nurſed, he ought to have more water than uſual added to his milk; and be reſtrained from broth or animal food.

As a *thirſt* commonly attends teething, *barley-water*, with a little *ſweet ſpirit of nitre* in it, will be a proper drink: a tea-ſpoon full of the nitre may be put into as much barley-water as it may be ſuppoſed the child will take in a day: if the child is fond of ſweet things, a little freſh *liquorice root* may be boiled in the barley-water, which will make it very palatable. This drink will be proper at all times, when there is a thirſt.

Blisters, have been found of great ſervice, and may be applied, if there ſhould be occaſion, after the purging and bleeding: they are commonly, and moſt properly, applied behind the ears, or upon the back of the neck.

The *antimonial puke*, No. 3, page 165, is often attended with the happieſt effect; and may be given and repeated, while the fever continues violent. It will be moſt proper to give it in the evening. A child of four months old may take four

four tea-ſpoons full for a doſe; and one of eight or ten, a table ſpoonful.

Convulsions, are very common at all periods of teething: they ſometimes come on with the firſt ſymptoms; yet are oftener preceded by ſtartings and twitchings, which may be conſidered as convulſions in the ſlighteſt degree. A child will, often, have one or two fits, and not more: ſometimes, he will have more. Many children who have convulſions with their teething do very well, although they continue for ſome time; and to others they prove fatal at firſt; ſo that it cannot be ſaid how they are likely to terminate: however, when they do happen, the means-above named, are, of all others, the moſt calculated to remove them, and ought not to be too long neglected.

Medicines of the *compoſing* kind have been found very uſeful in caſes of ſevere ſtartings and convulſions; as alſo in moſt of the different periods of teething: but, for obvious reaſons, the manner of giving them cannot here be named with propriety and ſafety.

Wines, *ſpirits*, and *cordials* of all ſorts, muſt be avoided in all ſhapes, as they will increaſe the fever and every other ſymptom and complaint.

A child will get over the *breeding*, or a fit of breeding, of his teeth, very often ſome weeks or

or months before the teeth make their appearance; and will be very well and eaſy during that interval: ſo that the *getting*, or *cutting*, of the teeth is what he has yet to undergo.

The uſual time of *cutting* the firſt teeth is, as has already been obſerved, about the ſeventh, or ninth month; and, whenever it happens, the ſigns, appearances, and ſymptoms, are the ſame as have been deſcribed and obſerved at the *breeding* of the teeth, and require the ſame treatment and management, with reſpect to the *purging*, *bleeding*, *bliſtering*, &c. A child who ſome time ago was much pleaſed with having his gums rubbed, will, now, ſeldom ſuffer any thing hard to touch them; for when a tooth is upon the point of coming through the gum, the gum is exceedingly ſore, and ſenſible of pain from the ſlighteſt touch. It may be known that a tooth is near cutting, when the gum, in one particular part, where a tooth or teeth may be expected to come, appears fuller and more diſtended than uſual, and than the other parts of the gums are: the gum, in that part, looks red and inflamed at the bottom or baſe, but is paler or whiter at its point or edge; and, when the tooth is very near cutting, the edge of the gum ſeems as if it had a flat white bliſter upon it, and appears thicker and broader than the edges of the gums are in other places. If, at

 this

this time, any of the diſagreeable and alarming ſymptoms ſhould come on, we have in our power a remedy that will give inſtant relief;—it is, the *lancing*, or *cutting*, of the gum, by which the tooth, or teeth, are immediately ſet at liberty: it is an operation that gives little or no pain, and ſome children even undergo it with a ſeeming gratification; and, no wonder; as they find relief the inſtant the lancet is applied to the gum, and during the operation, which is very ſhort; and when a tooth or teeth is diſtinctly diſcovered, and appears full within the gum, it will be the greateſt kindneſs done the tender ſufferer to ſet them at liberty.

If a tooth is ſo near cutting that the extreme edge of the gum appears very full and diſtended, and as if bliſtered, the tooth will, moſt likely, be diſcovered immediately upon lancing the gum. But if the tooth be not ſo forward and far advanced, it cannot be expected that it will be ſeen for ſome days, or weeks (according to the depth it lies within the gum), after lancing: for although lancing the gums takes off ſome reſiſtance which it may give to the riſing and expulſion of the tooth, yet it (the lancing) cannot be ſuppoſed to accelerate the growth of the tooth, which, at this, time, and afterwards until it has acquired its full growth, is as regularly and progreſſively ſlow as it was from the birth: however, this is a trifling

ſing conſideration; and if relief is obtained from the operation, by taking off the pain and irritation occaſioned by the tooth (which, in this ſituation, acts nearly in the ſame manner, and is to be conſidered and treated as a thorn, or any other extraneous ſubſtance in that or any other part of the body), an intention ſufficiently deſirable is anſwered by it. It ſometimes becomes needful to repeat this operation, once, or oftener, when the tooth is not very near cutting; as the gum, from being a part that is diſpoſed to heal very readily (in a ſound ſtate), when wounded, ſoon heals up again, and, by ſo doing, renews the child's complaints; but which are always, as certainly, removed again by repeating the operation.* It is a prevailing notion that the gum, by being cut, becomes harder, when healed again: but this is an erroneous opinion, and is founded

* Mr. John Hunter, in a valuable publication, which includes this ſubject, ſays, "It often happens, particularly "when the operation," the lancing of the gums, is per- "formed early in the diſeaſe, that the gum will re-unite "over the teeth; in which caſe the ſame ſymptoms will be "produced, and they muſt be removed by the ſame me- "thod. I have performed the operation above ten times "upon the ſame teeth, where the diſeaſe had recurred ſo "often, and every time with the abſolute removal of the "ſymptoms." *Practical Treatiſe on the Diſeaſes of the Teeth,* page 121.

upon ſurmiſe, and from analogy with ſome external parts of the body, where the ſkin, after having been cut for a length of time, forms a cicatrix or hardneſs, as is obſerved in the arm after bleeding, &c. but the texture of the gum differs ſo much from any other external part of the body, that the compariſon will not hold good; and even if it were ſo, the diſtance of time between the inciſions, is too ſhort to allow of ſuch hardneſs taking place. Experience, however, the beſt guide, informs us, that the oftener the gums are cut, upon *this* occaſion, the ſofter and more yielding they become in conſequence thereof.

CHILDREN commonly have the greateſt difficulty, and ſuffer moſt, in cutting the firſt teeth; which, if they come in proper order, are the two lower front teeth; and, next afterward, the two upper front ones; but, when they exceed the uſual time of coming, the two upper ones will ſometimes appear firſt. They *generally* come in pairs; ſo that a child *commonly* gets two at the ſame time, or near together. The eye teeth ſeldom come before the firſt double teeth; and very frequently require lancing, from the pain and fever they occaſion in cutting. It is not unuſual to cut the gum with the edge of a ſixpence, &c. on theſe occaſions; but as that is a rude, painful method, it ſhould always give place to a

proper

proper inftrument in a proper hand. The eafe or difficulty of cutting the teeth, may commonly be gueffed at by the firft teeth; for, according as the firft teeth are cut with eafe or difficulty, the fucceeding ones will, moft likely, be the fame. It is very generally underftood, that thofe children who are late in getting their teeth, get them with more difficulty on that account; but which is not a general rule; it being directly the reverfe in general: as the older a child becomes, the lefs irritable he is, and therefore better able to refift and overcome the effects of any irritating caufe; and which the cutting of the teeth is, very particularly.

Children have fometimes a difcharge from within the ears, and a breaking out behind the ears and upon the face and neck, when they are cutting teeth (feldom when they are breeding them.) It will often be difficult either to ftop the running from the ears, or to heal the breaking out upon the face and neck; nor does it appear eligible or fafe fo to do, efpecially when a child has much fever, as it may be a means of adding to and increafing the fever. Thefe difcharges are even defirable during the periods of teething, when there is much fever; and I have reafon to believe that life is often preferved by them: therefore when they do not naturally occur, they ought to be promoted, in fevere or tedious

tedious cafes, by art. A wet rag confined behind the ear will fometimes procure a difcharge; or a plafter of burgundy pitch. If thefe fail, a little bliftering ointment, fpread upon a rag, will more certainly fucceed. If a blifter has been applied, it will be advifable to keep it open for fome time. When a difcharge occurs naturally behind the ears, it will be proper to apply greafed rags, which will keep the parts gentle, and prevent the fticking and uneafinefs that dry rags are apt to occafion. If the breaking out upon the face, or behind the ears, fhould not heal when the fever goes off, and the tooth or teeth, which were then about coming, are cut, but which it commonly does, it muft be treated in the manner as defcribed page 244.—If the running from within the ears continues in like manner, it will be moft advifable to let it take its own courfe, without attempting to do any thing by way of ftopping it.

Teething is very properly ranked with the number of alarming and fatal complaints that children muft neceffarily undergo; and, from what has been obferved, the period of *breeding* the teeth muft be (as it is), very often, more tedious, and becomes fometimes as dangerous as the time of *getting* or *cutting* them; and which happens chiefly from the means we have in our power being more ready and effectual in giving relief

relief in the latter than in the former inſtance: for while the teeth lie deeply buried in their ſockets, they are out of our reach; but when they project full in the gum, as they do at the time of cutting, we can adminiſter ſafe and immediate relief by a trifling inciſion in the gum.

Teething may always be conſidered dangerous, in proportion as the heat, fever, cough,* drowſineſs, or ſtartings are more or leſs violent. *Convulſions* are, upon this, as upon every other occaſion, to be conſidered as a dangerous ſymptom: although many children, who have them, do very well. The lancing of the gums, at the time of cutting the teeth, deſerves particular attention, it is too often neglected for want of attention, or is prevented by the parent's fears, which are imaginary and groundleſs, as the child can ſcarcely be ſaid to ſuffer pain by the operation. It ſeems aſtoniſhing what a length of time, and how much a child will ſuffer in teething, and yet do well; and what becomes an agreeable reflectidn, is, that the child's health

* If a child is ſubject to a cough, he ſeldom eſcapes it at this time; when it commonly will be more urgent; and it is not unuſual for the child to ſuffer more from the cough than the other ſymptoms. It becomes particularly neceſſary to pay attention to the lancing of the gums at the time of cutting the teeth, to prevent the diſtreſſing effects of a cough, when it occurs at that time.

and

and constitution is not hereafter impaired by his sufferings.

It has been observed above, that a child commonly gets his teeth in pairs, and it seldom happens that he gets more than two teeth at once; consequently it is reasonable to suppose that he breeds only two at one time: but as it now and then happens that a child cuts four or more teeth at the same time; so, a child may breed that number at once; hence it must and does happen, that a child will suffer in proportion to the number of teeth he is breeding or cutting; and that a child, who with great difficuly gets over the breeding, or cutting, of a pair of teeth, can scarcely be expected to overcome two or more pairs, when they all come together, or in very quick succession; and when children die of teething, either at the time of breeding, or cutting, it most commonly happens that the number which is coming exceeds one pair; and upon this occasion it is not unusual to find a child so much reduced and exhausted, that although he is able to support and get through the cutting of one, or two pairs of the teeth which are coming; yet that he will be overpowered by, and sinks under, a greater number.

Children begin to cast their teeth at about seven years old. They are generally cast in the same order and succession that they were first cut.

Two

Two of the firſt double teeth, on each ſide, in each jaw, are caſt, like the ſingle teeth, and ſucceeded by others. Whatever double teeth come behind theſe, are not replaced by others, when loſt. When any of the caſting teeth are becoming looſe, it is better to pull them out as early as may be, to make room for the ſucceeding ones, and to prevent them taking a wrong direction in the growth; eſpecially the front teeth. It is with this intention that ſome dentiſts direct the extraction of the front teeth before they become looſe. As they have no roots, they come out eaſily and with little pain.

THE cutting of the double teeth are rarely accompanied with any difficulty, and for the moſt part with only a ſlight uneaſineſs; ſo that it ſeldom happens that they require lancing, or any means to aſſiſt the cutting.

RICKETS.

THE Rickets is known and diſcovered by an unuſual enlargement of the head and joints, particularly the knees, elbows, and wriſts; a crookedneſs of the limbs and back; a pale ſickly countenance; frequently a cough and difficult

 breathing;

breathing; a hardneſs and ſwelling of the belly; and a diſlike to motion and exerciſe.

THE appearance of the rickets may be diſcovered ſo early as the fourth or ſixth month; and when it happens ſo early, the firſt ſign or ſymptom of it, that is generally obſerved, is, from the child's head, which ſeems larger than it ought to be. Much about the ſame time, the joints of the knees and wriſts appear to be ſwelled and enlarged: and the child is very dull, and ſeems better ſatisfied with lying ſtill than being moved or toſſed about. In a few months afterwards, the legs and arms, and, ſoon after that, the thighs and back appear crooked, and ſeem ſhortened. During all this time the child ſeldom ſhews a diſpoſition to put down or make uſe of his feet and legs; and when he is brought to reſt upon his legs, they may be obſerved to become ſtill more crooked.

THE CAUSE OF THE RICKETS.

THE Rickets may be occaſioned by the child's weakneſs; which weakneſs may be either, natural to his conſtitution; or, brought on by diſeaſe, or

or any defect, fault, or error in nursing. Some children are so puny, and have such weak frames and constitutions, from their birth, that some appearances of the rickets are not to be avoided and prevented; yet by far the greatest number of cases which we see of it are chiefly, or altogether, brought on, and increased, by improper or bad nursing. By improper nursing, is to be understood, all those errors in diet, exercise, &c. which the parent or nurse may have committed through ignorance or improper indulgence. And by bad nursing, is meant, a want of cleanliness, proper exercise, &c. from indolence and inattention in the parent or nurse. But the greatest number suffer from what may be called bad nursing, as we find the cases of rickets most frequent with the children of the poor, whose parents have seldom more inclination than leisure to take proper care of their children: and with those who are under the care of hired nurses, who, often wilfully neglect discharging, with justice, the task they have undertaken; and who, while a child is tolerably quiet, will suffer him to lay upon the bed or in the cradle the greatest part of his time, without a proper change and supply of clean, dry things about him; and without being taken up, carried into the air, and shaken and tossed in the arms, as a child ought to be at a proper age: or when,

by the child's own exertion, he is able to ſtand upon his legs, he is left to ſcramble by himſelf; or is placed by a chair, where he is ſuffered to ſtand for many hours together, except he has ſtrength enough to enable him to make a ſhift to move from one chair to another, of his own accord.

This is a true picture of what very frequently happens with thoſe children who are nurſed out; and the only means that can be taken to prevent it, by thoſe parents who are reduced to the neceſſity of parting, with their children, is, to have them ſo near at hand that they can daily inſpect the nurſing; and never to ſuffer them to go a great diſtance off, except where the fulleſt confidence, from their own, or the experience of others, can be placed *(ſee the note to page* 140*)*.

A child may become crooked in his back by being conſtantly carried in one arm (ſee page 133) or by an accident, without being rickety.

The cure of the rickets may be gathered from, and diſcovered by, the deſcription which has been given of the cauſes and ſymptoms of the diſorder. When it proceeds from a diſeaſe, or any defect in the child's conſtitution, ſuch diſeaſe or defect muſt be remedied, or removed as much as poſſible. And when it is occaſioned by improper, or bad nurſing (which is the moſt common cauſe) that muſt be moſt ſtrictly attended to and nar-

rowly

rowly inspected by the parents or friends.—Cold bathing in the sea, or in fresh water, is, of all others, the remedy mostly to be depended on. It may be begun with at any season, and ought to be continued as long as the child appears to receive benefit from it. Two, or three doses of rhubarb may be given previous to the bathing, and repeated now and then during the time of bathing. The bathing may be discontinued, at any time, for a while, if it should appear necessary, and begun with again.

The season of the year, proper for bathing in the open sea, or a cold bath, is confined to a very few of the summer months: yet if cold bathing is thought necessary, even in a cold season, it need not be declined on that account, as it may be practised, to great advantage, by means of a tub in the house, with either salt or fresh water; and if the child is to begin bathing in a cold season, the water may be a little aired, so as to take off the extreme cold, by means of a small quantity of hot water put into the cold, at first, and which may be gradually declined until it be used quite cold. But if a child begins bathing in the open sea, or a cold spring, late in the summer, he may continue it, as long in the winter as bathing is thought necessary, in perfectly cold water, either in that manner, or in a tub at home; as he will not be sensible of the increased

increaſed coldneſs of the water, if the bathing be continued, conſtantly, from the beginning.

The medicines that are moſt commonly given in the rickets are, the *bark*, and preparations of *ſteel*; but as the doſes, and form and manner of giving them, will require to be much varied upon different occaſions, they cannot here be named with any degree of propriety, or a proſpect of advantage.—When the legs are much bent, they may, while the child is young, ſometimes be much aſſiſted by external mechanical means.—When the deformity is in the back, it is uſual to put pads and cuſhions in the hollow or depreſſed parts, to hide the deformity; but which ought by no means to be done with children, or young people while they were growing, as they add to, rather than prevent or leſſen, the deformity. There is, upon this occaſion, a method of ſuſpending a child by the chin and back part of the head, for ſome time, every day; it does not hurt the child, and will ſometimes be of ſervice when the deformity is in the back or ſhoulders, eſpecially if it is begun with in time and while the child is young, and perſevered in long enough.

The *remedies* which are in general adminiſtered for the relief of the rickets, are thoſe of the bracing and ſtrengthening kind, as *bathing*, the

bark,

bark, &c. as above-named: and which become proper and neceſſary, as the complaint depends upon, and ariſes from, a weakneſs; which, as has been obſerved, may be either natural or conſtitutional, or brought on and acquired by improper or bad nurſing; therefore as ſoon as the firſt ſymptoms of the complaint are obſerved, the means, here recommended, ought immediately to be put in practice, to prevent a farther progreſs of the calamity; by which means the unpleaſing appearances, here named, may commonly be removed, and the child may be reſtored to his ſpirits, health, and juſt figure and proportion; but which cannot be obtained ſo perfectly, when the complaint is ſuffered to go on and become confirmed; although, in that ſituation, very great help will ſometimes be procured. A doſe of rhubarb, of ſuch ſtrength as to procure three or four looſe ſtools, ought to be given now and then, and particularly when the child is hot and feveriſh (which is very uſual in this complaint) and alſo during the bathing, as abovementioned.

Any error in the diet or exerciſe, muſt be corrected, agreeably to the rules, before and hereafter deſcribed, under their reſpective heads; which will conſiderably facilitate the cure.

COUGH,

COUGH, DIFFICULTY OF BREATHING, AND ASTHMA.

CHILDREN, in the month, are liable to coughs, with obſtruction at the breaſt and difficulty of breathing, occaſioned by expoſure to cold; either improperly and imprudently; or through neceſſity or by accident.

A CHILD may be ſaid to be imprudently and improperly expoſed to cold, when he is not carefully kept cloſe and warm by a ſtrict and regular confinement to the bed and room (as adviſed and directed, page 50), particularly in cold and damp weather, but is expoſed to the air by being frequently carried out of the room into different parts of the houſe, or out of doors.

COLD may be ſaid to happen by accident or neceſſarily, when there is a real occaſion for the child to be expoſed to the air for want of a warm room or other conveniences within doors; being unavoidably carried out of doors; or when, from reſtleſſneſs, occaſioned by the gripes or any other cauſe, he is much out of bed, in the nights and in cold weather eſpecially.

WHEN the cough is ſo ſlight that it does not give the child much diſturbance, and that he breathes

breathes tolerably free and does not ſeem much ſtuffed at his breaſt, it is ſeldom that any thing is particularly required for it, except keeping the child ſtrictly cloſe and warm. But if the cough becomes very teazing and troubleſome, is hard and dry, and the child appears to have pain in coughing, accompanied with a ſtuffing at his breaſt, and uneaſy, laborious breathing, it will be proper, if he is a ſtrong child, to apply a leech to one of his feet; and he may take the following medicine to eaſe and looſen his cough. Take of, *ſperma cæti*, eight grains; rub it very well in a marble mortar with a little *ſugarcandy*, and a tea-ſpoon full of *mucilage of gum arabic* (which is made by diſſolving gum arabic in as much hot water as will form the conſiſtence of oil): to theſe add three grains of *ſalt of hartſhorn*, and as much *water* that has boiled, as will make the whole mixture two ounces, or four middle-ſized table-ſpoons full; of which a child in the month may take two or three tea-ſpoons full every ſix hours. It is a palatable medicine.

This complaint, when to exceſs, is alarming and dangerous; and the danger is increaſed by children not having knowledge or power to aſſiſt themſelves in getting up the phlegm. When the phlegm ſeems looſe (which often is the caſe when the cough has continued ſome time, never at the beginning) and the child is not able to

get it up, it will be adviſable to give an eaſy puke, which will bring up the phlegm, and the child will, by that means, be conſiderably relieved from his cough and difficulty of breathing.

There is a kind of cough and difficulty of breathing which children are ſubject to, that differs very much from this we have been treating of, and ſo much reſembles the *aſthma* of grown perſons, as not to be diſtinguiſhed from it. It is generally diſcovered very ſoon after the birth of the child. It does not attack ſo ſeverely as a common cough: nor does the child ſeem to have ſo much pain from the cough, yet appears ſtuffed, and as if he would be ſuffocated at each fit of coughing; and has a difficulty of breathing at other times, eſpecially when he is toſſed or haſtily moved: in ſhort, the appearances are every way the ſame as in a grown perſon with the *aſthma*. He will often take the breaſt, or other food, as if nothing ailed him. If his cough, but particularly difficulty of breathing, increaſe upon him, as often is the caſe, he does not ſeem to thrive and get forward, but is overcome by them, and dies, commonly, at about three months old. On the contrary, if his cough and difficulty of breathing, do not increaſe, he ſometimes thrives and looks tolerably, and ſeems pretty eaſy when kept ſtill, quiet, and warm;

but

but if expoſed to the cold, or haſtily moved, his cough and appearance of ſuffocation return accordingly, and are proportionally violent; on which account he is deprived of the benefit of air and exerciſe, in a great meaſure, particularly in cold weather. A child's life in this ſituation is not to be anxiouſly deſired, as recoveries are ſo exceedingly ſlow and doubtful. I had occaſion to ſee a child, in whoſe fate I was much intereſted, ſupport this complaint fifteen months, at which period he died.

Children ſuffer moſt in this complaint about the periods of breeding and cutting the teeth: and when it proves fatal, it commonly is ſo about theſe periods.

I have obſerved this complaint to be moſt common with the children of the poor; from which there is little doubt that it is moſt commonly occaſioned by cold caught by the child at the birth, or very ſoon after (ſee page 56).

Although this is a complaint that can ſeldom be entirely removed, yet it will admit of relief at thoſe times it is moſt urgent; as, like the *aſthma*, it is better and worſe by turns. For general benefit and relief, a clear air, free from fogs and the ſmoke of a town, will be found to anſwer a deſirable purpoſe: alſo large, airy rooms, that are dry, in every ſituation.

When it happens, from cold or any other

cauſe, that the cough and difficulty of breathing are more than uſually increaſed, a puke will give ſenſible relief: and when they are to exceſs, a leech, or two, according to the child's ſtrength, to the foot, or a bliſter between his ſhoulders, becomes neceſſary.

If the child is dry-nurſed, food that is thin, as the milk and water (page 90), and now and then a little veal tea, will be found to agree better with him in reſpect to his breathing, than that made thick with bread, &c.

To the Medical Reader.—The *peripneumonia notha*, or an infarction of the lungs, is a diſeaſe not attributed to infants by many authors. Dr. *Hugh Smith*, in his *Formulæ Medicamentorum*, upon the diſeaſes of children under the title of *peripneumony*, briefly obſerves: "An infarction "of the lungs and difficulty of breathing in chil-"dren is a complaint of a dangerous, and many "times of an irremediable kind."

From the preceding deſcription of this diſeaſe, it appears to differ widely from the *ſpaſmodic* aſthma of children, treated of by Mr. *Millar* and others; and to be no other than the real *humoral aſthma*. Dr. *Cullen* in his *Noſology*, notices the diſeaſe treated of by Mr. *Millar* as; "*Aſthma* "*Infantum*, *Millar* on the Aſthma and Chin-"cough." He alſo inſerts: "*Aſthma Infantum* "*ſpaſmodicum Ruſh*, Diſſertation." I have not

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ſeen either of the publications: but as theſe diſeaſes are claſſed in the Noſology with the *Pyrexiæ*, under the order of *Phlegmaſiæ*, and *Genus* of *Cynanche*, (Cynanche *treachealis*) it is probable they both differ entirely from the diſeaſe here given.

It is very likely that this aſthmatic affection of children is more prevalent in Liverpool than in many other places; and which is perhaps to be accounted for, from a diſpoſition which there is in the ſituation to favour pulmonic complaints: as the air is very ſharp, and the changes of temperature very great and ſudden. A ſtranger ſeldom eſcapes a cold upon coming to it; and many who have never had colds with coughs before, have had them to exceſs upon being here in the winter. The *acute rheumatiſm*, which is very prevalent here, is a proof of the keenneſs of the air.*

This

* To this ſharpneſs of the air, and the ſandy ſoil which every where ſurrounds this town and prevents the ſtagnation of rain and other waters by affording them a ready abſorption, we are no doubt indebted for its healthineſs; for which, independent of the two complaints above-named, it is not perhaps to be exceeded in the kingdom, eſpecially, when it is conſidered, that it is the ſecond in ſize. As a proof of its ſalubrity, putreſcency is a circumſtance that very rarely occurs in febrile or any other complaints, even with

This disease, as above observed, is most commonly met with in the children of the poor who inhabit cellars; and, as it is observed soon after birth, it without doubt is occasioned by cold caught at or soon after the birth. As these cheerless situations admit of but few indulgences, the tender sufferers have little chance of overcoming so formidable a complaint, and commonly sink under it at or before the third month.

It is now and then to be met with in the children of the less needy; when it, no doubt, is occasioned by the same cause, from the negligence or anadvertency of the nurse. These children however, by future care and indulgences, generally survive it longer than those of the poor; some, when it is slight, recover altogether; but others, when it is to excess, are overcome by it.—The child, above-named, who died in the fifteenth month, appeared to have his death hastened by a severe attack of the *gravel*, which he voided in surprising quantities, and which appeared to be occasioned, or greatly

with the poorest. Nervous fevers are as rare; and agues seldom met with.

These and some other observations on the air, soil, situation, diseases, and other local circumstances relative to the town of Liverpool, I offered to the public a few years since.

promoted,

promoted, by his inactivity; he not being able to bear a suitable degree of exercise. He was perfectly formed externally; as were all the other children I have seen with the complaint.

The Chin-cough is a disease that has hitherto in a great measure eluded the art of medicine: and as it oftentimes proves very stubborn, and gives way very reluctantly, it frequently becomes an object of domestic skill and management. But as none of those familiar domestic means have ever been *really* serviceable, they are better (especially what is made use of as medicine internally) omitted. When the complaint takes a favourable turn, it is frequently attributed to the means that were last used; hence, that means is, ever after, recorded as infalliable.—As it is a disease of the spasmodic or convulsive kind, it has been sometimes relieved, or even removed, by a shock or sudden fright: thus; riding upon a bear (a frightful mode of travelling no doubt) from the fright it occasions, has been said to be serviceable. Giving the patient a part of some disgustful animal, as a mouse, &c. to eat, and afterwards informing him of it. And so forth.

The

The cough is often ſlight at firſt, and by degrees it gets to a hoop; hence it is alſo called hooping-cough. The fits of coughing come at irregular periods; and of which the child has a ſhort warning, and is afraid: he appears violently agitated and diſtreſſed during the coughing, and ſeems deſirous of being held and ſupported: his face is high coloured and inflated with ſtraining; and ſometimes the noſe bleeds. The fit of coughing generally terminates with a throwing up of phlegm or the contents of the ſtomach, or both; and he commonly is cheerful between the fits, and has a tolerable appetite. The throwing up, of phlegm particularly, gives relief and is a favourable circumſtance; and when that does not occur, muſt be promoted by an emetic. The antimonial puke, page 165, may be given every or every other evening; and which is the beſt medicine that can be adminiſtered in a domeſtic way, or perhaps any other way: as fever is a very regular attendant on the complaint, that will, along with the cough, be much abated by the emetic. The body ſhould be kept *moderately* open.

This means is proper to be purſued for ſome time after the commencement of the diſorder; which generally continues for ſome weeks or even months. If it ſhould not abate in a reaſonable time, a change of air will be adviſable, and often has

has a ſpeedy good effect. It is ſometimes neceſſary to change the air more than once: the diſtance of a few miles will be ſufficient each time. At this time the *bark* will often be very ſerviceable, eſpecially when there is not much fever.—This diſeaſe is contagious, or catching. It never occurs twice to the ſame perſon. It rarely attacks a child above twelve years old: ſeldom or never in middle life; although an advanced period of life is not ſecure from it. A child of two or three months old will often ſtruggle through it as ſafely as an older child. It becomes moſt dangerous when combined with other diſeaſes, particularly ſmall-pox, meaſles, and fever from teething. The diſeaſe will terminate favourably and early, in proportion as the fits of coughing are unfrequent, the appetite good, fever ſlight, breathing free, and as the phlegm comes up freely in coughing.

CROUP.

FROM the unfrequent occurrence of this diſeaſe, its nature has not been ſo accurately and generally underſtood as moſt others; hence its treatment may have been ſo unſucceſsful, as it has proved one of the moſt fatal that happens to

 children.

children. The diſtinguiſhing marks of this complaint are; a cough, accompanied with a crowing ſound, as well in coughing as breathing: the breething is difficult, ſeemingly from a ſtraightneſs in the throat, with a reſemblance of ſtrangling: fever always attends it. It is ſeldom that any thing is got up with coughing in the beginning of the complaint: what afterward comes up, is of a tough ſtringy quality, and the ſafety of the patient depends upon getting up this matter freely. This matter comes from the inner and upper part of the trachea, or windpipe, in conſequence of inflammation there. This diſeaſe is not, like the chin-cough, contagious or catching, but is derived from the ſtate of the weather and ſeaſon; and is found to occur moſtly in ſeaſons that are unſeaſonably cold, particularly in the ſpring.

The above account of the croup will be ſufficient to point it out, eſpecially when it is known to prevail in a town or neighbourhood: and as early aſſiſtance may be of great importance, I ſhall urge the propriety of immediately applying three or four leeches outwardly upon the upper part of the windpipe, and a bliſter on each ſide, as near to the leeches as may be. The antimonial puke, page 165, may be taken after the application of the leeches, and may be repeated once a day or oftener; as it

it will aſſiſt, not only in abating the fever, but alſo in bringing up the phlegm, upon which ſucceſs ſo much depends. The body muſt be kept open, and which the emetic will generally effect. I have found the ſyrup, or thin part, of tamarinds, more effectual as an expectorant, or for looſening and bringing up the phlegm, than any other remedies that are uſually adminiſtered for that purpoſe.

The croup ſeldomer attacks children at the breaſt than thoſe that are weaned; and, like the chin-cough, is ſcarce known to happen to a child above twelve years old. The younger the child is, the more liable he is to take it, and the greater the danger. A child may have it more than once.

WORMS.

THE ſymptoms of worms are; an irregular and vitiated appetite; pale complexion; hollowneſs of the face and eyes; picking of the noſe; ſtrong breath; grinding of the teeth, particularly when aſleep; cough; pain and enlargement of the belly; coſtiveneſs, generally; the urine, when cold, turning nearly as white as milk. Some, or

 all,

all, of theſe are the characteriſtic diſtinctions of worms. They may however take place without worms; and are occaſioned by obſtruction in the bowels, from improper food; and it is not eaſy to determine whether worms alone can occaſion them, or any of them, in a material degree: it is moſt likely, that when worms accompany them, the worms are only a ſecondary and aſſiſting cauſe, depending upon the other; as theſe ſymptoms will very commonly diſappear, on removing the obſtruction, without the diſcovery of a ſingle worm.

THE diet of children is generally of a vegetable, aceſcent kind; a large portion of it being compoſed of crude, acid fruits, with ſugar and butter; which being unſuited to the ſtomach and bowels of children, produce acidities and obſtructions, and thereby the train of unpleaſant ſymptoms above related.* No wonder worms ſhould ſometimes happen, from the ova of different inſects which are conveyed into the body in freſh fruits and vegetables; and which, being detained and meeting with a proper nidus, will generate, and may add to, but do not compoſe, the whole or a principal part of the ſymptoms.

THERE are few complaints of children that have been greater objects of inveſtigation than

* See the *diet* at the more advanced periods of childhood.

the

the worms, and ſtill fewer that have been ſo little properly defined and comprehended. The above diſagreeable ſymptoms being ſuppoſed to be occaſioned ſolely by worms, medicines have been given altogether with a view to their deſtruction, when perhaps they have not exiſted; whence the ſymptoms have continued, to the great diſtreſs of the child, and have been thought incurable after a trial of every medicine that has been been thought deſtructive to worms. When any or all the above named ſymptoms occur, a particular regard muſt be paid to the diet hereafter mentioned as proper in advanced periods of childhood: for as ſuch want of attention is the leading cauſe of the complaints, no effectual or permanent benefit can be obtained without it. As to medicines, they need not be numerous: one alone will be ſufficient; which is *calomel*. The doſe cannot be ſpecified as ſuited to all ages and conſtitutions: it ſhould be taken five or ſix evenings in ſucceſſion, in ſuch quantity as gently to open the body; which one, two, or more grains will commonly do; but which if it ſhould not, after the firſt or ſecond trial, any opening medicine, that the child will take beſt, may be given the following morning. Calomel is a medicine of little bulk or taſte, and when mixed with a little ſugar is readily taken. It will remove all crudities and obſtructions in the bowels; and

and is very effectual in destroying worms, when there are any; by which the disagreeable symptoms will be removed, and the child restored to health; and so preserved, if due attention is paid to the future diet. Children who are fed in the manner hereafter mentioned, will rarely have any of the abovementioned symptoms, except occasionally and in the slightest degree; and which is also the case with children at the breast—satisfactory proofs that they are chiefly occasioned by improper diet.

Should cases occur, where the symptoms are not subdued by these means, and worms are still suspected to exist, other remedies may be tried. Twenty grains of powdered tin may be given four successive mornings fasting, in treacle; and on the fifth, any opening medicine, that the child can take best. Cowhage (vulgarly called cow-itch) has been thought successful. Half the down of one pod may be given, in treacle, in the morning fasting, and repeated a few successive times. If it is of any benefit, the worms will come away after two or three doses: if worms do not so appear, it is of no use to continue it. A little opening physic may be given, as after the tin. It is needless here to distingush the different kinds of worms that infest the human body, as the above means are applicable to them all with children, who are more readily freed from them

than

than grown perſons, with whom they often become ſtubborn and difficult to ſubdue.

Some children are ſubject to an enlargement of the belly, with a wan and ſickly look, and ſometimes fever and want of appetite, from a conſtitutional internal cauſe, independent of worms or any other cauſes from without; and for which the calomel, given as abovementioned, and ſometimes ſea bathing, will be well adapted.

Strong bitters are much in domeſtic uſe for the worms. As far as they may act as ſtrengtheners of the ſtomach and bowels, they may aſſiſt in removing obſtructions there, and thus be uſeful: yet as by frequent and too indiſcriminate uſe they may injure the ſtomach, they are better avoided; as more harm may enſue, on that account, than any uncertain benefit that can be obtained, from their uſe in the worms, can poſſibly compenſate; nor are they at all neceſſary, when the above practice takes place.

Aloes; and *Anderſon's pills*, which are made entirely of aloes, and that generally of the worſt kind; are commonly given for the worms. There is perhaps no complaint which happens to a child for which *aloes*, as a medicine, is ſuited, or becomes needful. And there is no medicine, which is uſually given to children, that is ſo improper for them, and which, by repetition, is ſo likely to injure their conſtitutions. It is by much

much too rough and irritating for the tender bowels of children, and impairs their proper tone and power for action. It is as ill ſuited to their bowels, as ſpirituous liquors are to their ſtomachs; and is attended with much the ſame injurious conſequences.

CHILBLAINS.

ALTHOUGH every extreme part of the body is liable to chilblains, yet with children they are moſtly confined to the toes, feet, and particularly the heels. Thin, ſpare children are more ſubject to them than the fleſhy, for want of ſubſtance and heat to defend theſe parts againſt the effects of cold in ſevere ſeaſons.

THE chilblains begin with a prickling heat and itching, which increaſe; and the part appears inflamed and of a dark colour, and is more or leſs ſwelled. The ſkin afterwards cracks, breaks, and diſcharges matter. If, at the firſt appearance, the part is bathed with ſpirit of wine, rum, brandy, or ſpirit of turpentine, and kept warm, the complaint will often be ſubdued. When the ſkin breaks and diſcharges, the ſores muſt be dreſſed once a day with yellow baſilicon, ſpread upon lint, and applied warm. Poultices and ſoftening

ſoftening ointments are improper, as they relax the parts, and deſtroy that tone and vigour in them that ſhould enable them to reſiſt and throw off the complaint; it being on this principle that the above warm applications are applied and act. Cold, in theſe caſes, acts by interrupting the circulation of the blood in the extreme undefended parts, by which a tendency to a partial deſtruction of them enſues, if not prevented by counteracting cauſes.

CHILDREN who are ſubject to chilblains in the winter, ſhould have thoſe parts, which are liable to them, properly defended from cold, eſpecially that from froſt or ſnow: and when the complaint does exiſt, ſuch defence is quite neceſſary to the cure.

MARKS FROM THE MOTHER.

CHILDREN are ſometimes born with marks upon the ſkin. They are commonly of a dark red colour, and often ſeem to reſemble ſtrawberries, currants, and other kinds of fruit; ſometimes animals or the parts of animals. Theſe appearances are ſuppoſed to ariſe from the mother's longing for, or being frightened by the ſight or touch of them, at the time of her preg-

 nancy.

nancy. Whatever reality there may be in the opinion, one thing is very clear; namely, that ſuch longing and frights will happen in very numerous inſtances where no ſuch effect is produced; and therefore it is likely when ſuch appearances happen, that they are the effect of an unuſual texture of the ſkin in that part, and which we can no more account for, than we can account for the general colour or the formation and texture of the ſkin at all. The hare-lip has been conſidered as happening from this cauſe: we muſt give up a deal of our rational faculty, to believe, that a part, which had been for ſome time perfectly formed, ſhould ſuffer ſuch a change from ſuch a cauſe, and without the intervention of a ſupernatural agency: if the intervention is admitted, the queſtion is affirmed; if not, the hare-lip and all other unuſual appearances ſuppoſed to happen from the ſame cauſe, muſt be left to its true one, an accidental variation from the uſual form; and which we obſerve to happen in numerous inſtances in the different parts of both animate and inanimate nature, without being able to account for it. It is as eaſy for the human judgment to conceive that a child may have two heads, as that he ſhould have a hare-lip, from ſuch a cauſe.

As this is a circumſtance that often occaſions uneaſineſs to the mother, it is proper ſhe ſhould be

be properly informed upon it; and be satisfied that regular experience confutes the opinion of these marks depending upon the causes attributed to her; and that when they are supposed to happen, it will always be found, upon proper inquiry, that there are no just grounds for the supposition, which rests upon very distant and equivocal surmise; at least I can affirm that so I have invariably found it.

I HAVE frequently observed flesh marks upon different parts of the body, that have evidently depended on particular pressure upon the part, some time before birth.

ALTHOUGH the marks have generally a flat and smooth surface, they sometimes appear prominent and in the form of excrescences, and even to increase in bulk after birth; when it becomes sometimes necessary to remove them: but when they are flat, it is not advisable to attempt any thing to alter the colour, as no means, yet discovered, has been found to answer the intention to advantage; and especially as these marks will frequently, when slight, go away entirely; and in all cases, they often lessen and approach nearer the general colour of the skin, at a future period.

BURNS AND SCALDS.

THESE are accidents to which children are very liable, from thoughtleſſneſs. If immediately diſcovered, it will be proper to bathe the part with cold water directly, and until the following can be procured. To a pint of water, add half an ounce of ſugar of lead, and three tea-ſpoons full of brandy, or ſpirit of wine; with which the part muſt be kept wet by means of linen rags, till the pain abates. If this is applied early enough, the pain will in a great meaſure be prevented; and will, at all times, be mitigated, and the inflammation ſubdued. If the part ſhould be bliſtered, it will be better not to open the bliſters at firſt, as the falling down of the ſeparated ſkin, and the acceſs of the air, give a good deal of additional pain. In a day or two, or when the pain is ſubſided, the bliſters may be opened to let out the water; and may be daily dreſſed with calamine (or Turner's) cerate, ſpread thin upon a rag, till the part becomes reſkinned. No applications of oils, relaxing poultices, &c. muſt be uſed in the firſt inſtance; not only from being much inferior to this mode, but from the diſadvantage of delay; as much of the

the benefit to be obtained, depends upon the early application of proper remedies. Any watery liquor applied inftantly to a burn or a fcald, will very greatly check the effect which otherwife would enfue; as may be difcovered when any burnt part, as a finger, &c. is directly well moiftened with the faliva. The above treatment is all that will be fufficient for a fcald or fuperficial burn, and is fuch as may be practifed with great propriety in a domeftic way: therefore no comment will here be made on the various domeftic means in common ufe, as they are all far inferior to this.

SPRAINS AND BRUISES.

THESE, like burns and fcalds, are what children are very liable to. As children are light, and the parts of the body and limbs are more pliant than thofe of grown perfons, they feldom fuffer fo materially from them. The fame application of fugar of lead, that is recommended in burns and fcalds, will be moft fuitable in thefe cafes. It may be applied in the fame manner, and continued while any pain, fwelling or weaknefs from the accident remain; and it will be very

effectual

effectual in giving early relief, if timely applied; as the ſooner it is applied after the accident, the better. It ſhould be uſed of a degree of warmth not exceeding that of new milk. Relaxing poultices, and hot fomentations, muſt not be made uſe of at all; eſpecially in ſprains; nor will opodeldoc, plaſters or any other application be neceſſary, this having by much the preference of all others.

WOUNDS.

WHAT can chiefly be obſerved here, will be a caution againſt the uſe of many applications that are commonly made to recent wounds. If a wound is made with a ſharp cutting inſtrument, nothing ſhould be done but to bring the edges of the wound as near together, and as ſoon, as may be; and ſo to keep them by means of ſticking plaſter, a piece of lint being firſt put upon the inciſion under the plaſter. It ſhould thus remain undiſturbed for three or four days, nor muſt the firſt dreſſing be removed till it will come off eaſily and without force; when it will frequently happen that the divided parts will be found united. Where a bandage can be applied, as in wounds of the fingers or limbs, it may be uſed inſtead of a plaſter, as it will more effectually

ſecure

ſecure the edges of the wound together, by being wrapped moderately tight round the limb or finger. If there is reaſon to ſuſpect that any extraneous matter or ſubſtance is in the wound, that ſhould be removed before it is dreſſed. The ſubſequent dreſſings ſhould be daily, of yellow baſilicon or cerate, upon lint or rag, and put on ſuperficially, till the part is healed. In large wounds of the face, where a bandage cannot be conveniently applied, it is oftentimes neceſſary to ſew up the part, to prevent the mark or deformity which would otherwiſe enſue. It is very uſual in theſe caſes to put ſomething into the wound, as friar's balſame, riga balſam, &c. yet as all theſe diſpoſe the wound to digeſt or matter, more than is neceſſary, and prevent its immediate cloſing, they are better avoided, as they can be of no ſort of uſe. The abſurd practice of thruſting loaf-ſugar and other ſubſtances into freſh wounds, cannot be too much reprobated.

Wounds made with rough inſtruments, and that are torn or bruiſed, muſt be treated in the ſame manner; although they ſeldom admit of ſo ready and complete an union of the parts as the others. It is of great advantage to the healing of wounds, to keep the air from them as much as poſſible; therefore the cloſer they are covered, and the quicker they are dreſſed, the better.

better. The variety of ſalves, ointments, plaſters, &c. in domeſtic uſe for wounds, are not leſs numerous than uſeleſs: thoſe abovementioned are all that can be uſeful, and ſeem preferable to any others. All applications to wounds are uſeleſs, farther than keeping them warm, gentle, and from the air and other external injury; and by no other means promote the cloſing or growth of the wounded part: therefore if the two ſides of a wound are brought into contact, and ſo confined, it will unite more readily and perfectly without, than with, any interpoſing matter.

The bleeding of wounds generally ceaſes, or ſufficiently abates, after they are dreſſed, eſpecially when preſſure by bandages can be uſed: but if the bleeding ſhould not ſo abate, it will be adviſable to procure proper ſurgical aſſiſtance for that purpoſe. A moderate oozing of blood, although it ſhould continue ſome time, is not to be regarded.

MISCELLANIES.

RUPTURES; dropſy of the head, outward and inward; the hare-lip; and ſcrofula or king's evil; may be ranked with the diſeaſes of chil-

dren;

children: but as the particular treatment of them does not properly come within the line of domestic practice, it is here omitted.

OF WEANING.

THE time of weaning children, generally is chiefly governed by, and depends upon, the ſtate of the mother's or nurſe's milk. A child is ſeldom weaned ſooner than the eighth or tenth month, when the mother or nurſe is capable of ſupplying him for that length of time; and it ſeems to be as long a time as can, in general, be neceſſary for a child to ſuck, or proper for the nurſe to give ſuck, conſiſtent with her own health. When a child turns a year old, the breaſt milk becomes not ſubſtantial and nutretive enough; and therefore, children who ſuck much beyond that time, and get little beſide the breaſt, are ſeldom active and ſtrong, and their fleſh is looſe and flabby.

If a child is thriving, and gets a tolerable good ſupply of ſuck, for three or four months, he will ſeldom ſuffer materially in his health by being weaned at that time; ſo that, ſo circumſtanced, there need never be any heſitation about weaning

 a child

a child at that, or any other early age, when any particular occaſion requires it.

The moſt material circumſtances to be attended to in weaning, are; the child's taking of food; and the ſtate of his bowels. If he is inclined to feed well with the ſpoon, and his bowels are ſettled, ſo that he is tolerably free from fits and attacks of griping and looſeneſs, he may be weaned at any time with the greateſt ſafety. But when, on the contrary, the child ſeems much averſe to feeding with the ſpoon, or has frequent attacks of griping and looſeneſs, the weaning is not likely to prove ſo favourable, and is better deferred, when it can be done, a while longer. Theſe are circumſtances very neceſſary to be attended to in weaning.

The ſtomach and bowels are always liable to be diſordered, more or leſs, with ſickneſs, gripeing, coſtiveneſs or looſeneſs, from the change of diet; and which will in general be more urgent in proportion as the weaning has been haſty. Therefore it will be always adviſable, when there is time for it, to gradually accuſtom a child to feed with a ſpoon for ſome time before he is weaned; which will bring him to take his food with more pleaſure at that time, and prevent the bad conſequences of a haſty change; beſide affording an opportunity of diſcovering how ſuch food agrees with him, and what ſort agrees beſt.

The

The more early a child is weaned, the more the neceſſity for attention to the quality of his food. The food may be ſuch as has been directed in dry-nurſing, and hereafter deſcribed in the diet at an advanced period of childhood; by which means the weaning will be conducted with little riſk.

There are ſome diſorders which children are liable, in which it will be better for them to be weaned; namely, the ſmall-pox.

At the time of cutting the teeth, a heat, fever, and thirſt, often prevail ſo much as to render ſucking of no advantage at the time to the child, and very teazing to the nurſe; as the child is deſirous of being perpetually at the breaſt, which heats him, and often prevents his taking cooling liquors and other things that might be very ſuitable and proper. It is not here meant that children ought to be always weaned when they are cutting teeth; but only, that it is no diſadvantage to them to be weaned at thoſe times. —It is univerſally known, that the ſooner a child is weaned, the more eaſily it is effected on the part of the child.—When a child is near a year old before he is weaned, he ſeldom parts with his favourite food and amuſement, the breaſt, without ſome difficulty and regret; yet he may readily be made to quarrel with it, by putting ſomething upon the nipple that is bitter, and of

courſe diſagreeable to him, and which at the ſame time will not harm him; a little ſoot, or aloes, are often made uſe of upon this occaſion, and which the child no ſooner taſtes than he commonly looks very ſhy at the breaſt, and ſeldom is inclined to touch it again; but which if he ſhould be, his diſlike to it may be ſtill farther heightened by a repetition of the ſame means; and thus his fretting about it will be avoided.

ON THE

TREATMENT OF CHILDREN

AT THE

More Advanced Periods of Childhood.

GREAT as the pleaſure is which a parent finds in introducing his offspring to early habits of truth and virtue, it will be not a little enhanced by his being able at the ſame time to promote their bodily health. The means for accompliſhing the former have been ſo well defined, and are ſo immutable, that he never can miſtake them. Thoſe however for promoting the latter, are not ſo invariable, nor have been ſo clearly determined; age, conſtitution, ſituation, and other local circumſtances, inducing a good deal of variety. Although a parent, whoſe mind is well informed, will adapt his inſtructions to the varying powers of his child's capacity at different periods, he is frequently at a loſs how to direct the government of the bodily health; the real reſources being ſo few from whence he can derive his information; ſo that he is under the neceſſity of ſubmitting it to the caprice

caprice or cuſtom of the times or the place where he happens to reſide, or elſe be governed by the knowledge he derives from his own habits and conſtitution: the former will moſt commonly be erroneous, and the latter not leſs fallacious. There is no greater or more frequent error of parents, than directing the habits of their children by their own; moſtly from want of better information; although moſt parents are inclined to err on the ſide of indulgence; which is a pathetic, inſiduous pleader, and will win its way, unleſs ſteadily guarded againſt.

THERE is yet another obſtacle of no little magnitude he has to encounter; and that is prejudice: for although his own good ſenſe ſhould enable him, on being properly informed, to overcome it, he has to combat that of thoſe, his relatives, &c. about him, who may have a ſhare in the direction or execution of the buſineſs, and which can only be reſiſted and corrected by a ſteady determination to enforce the correction of his reaſon, derived from the opinion and experience of others. Were fathers of families as ſedulous to obtain a good conſtitution for their children, as to acquire the accidental and mutable gifts of fortune; they would do an equal, or ſuperior, kindneſs to them; as no portion, that can be beſtowed upon an offspring, is more valuable than health; without it, the world and what

what ſhould be its enjoyments, are comfortleſs and even burdenſome; whereas, with it, every ſituation is made pleaſant or ſupportable.

The errors in our management, begin from our birth, and continue till manhood: and although reaſon and experience ſhould then ſtep in to correct them, it is often too late; as the conſtitution, before that time, has received its ſtamp and character, which cannot be effaced; although it may ſometimes be ſoftened and partially corrected.

The obſervations I have offered in the former part of this work, as well as what follow, are derived from a long and regular attention to the ſubjects. Had partial and trifling errors, only, exiſted, I might have been ſilent; but as they have been ſo numerous and injurious, and even deſtructive to the riſing generation, it is extremely proper they ſhould be freely held up to public notice, that thoſe who are inclined to receive information may not want it. I can with confidence aſſert, that a great number of conſtitutions are ruined in a ſtate of infancy, childhood, and early youth, from errors in management, that might eaſily have been preſerved by due regulation; and alſo that many children, born with delicate conſtitutions, may have them much improved and rendered ſo ſtrong by proper treatment, as to carry them through life with comfort

fort and advantage to themſelves, their families, and ſociety. The ſucceſs of a man through life, often depends upon the health and vigour of his body; and of his mind, which depends ſo much upon the body: and as the bloom and comfort of the other ſex are more promoted by health than all other cauſes combined, moſt parents muſt be anxious to obtain purpoſes ſo deſirable.

D I E T.

WHEN a child is weaned, or dry-nurſed, it will be proper to confine him chiefly to his milk, or milk and bread, agreeable to the directions given in the former part of this work; and whatever changes of diet are made afterward, ſhould be, at firſt, trifling and gradual. There is nothing in general more acceptable and better ſuited to a child at this time, than a little boiled flouery potatoe; juſt ſoftened with milk; without ſalt or butter; once or twice a day; and which may be repeated or increaſed as it is found to agree with the ſtomach and bowels.

A LITTLE broth may be given at dinner time occaſionally. It ſhould be thin and without ſalt; and the more it reſembles the veal tea, page 97, the better: it ſhould always be made

of

of fresh lean meat, without bones, skin, fat, or any thing that may make it greasy; nor should it have turnips or any fresh vegetables boiled in it. It may be given with or without bread in it, as appear most acceptable to the child. Vegetables in general must be sparingly used in the earlier periods of childhood; and should be confined to potatoes, of which a child may daily partake with freedom in all periods of childhood. The potatoe is light upon the stomach, easy of digestion, and not disposed to promote acidity; and therefore becomes the most acceptable to a weak stomach of any vegetable in common use; being much more so than bread, with which it is nearly equally nutritious. It forms of itself a meal, at once palatable and wholesome; as we observe in many parts of this and a neighbouring kingdom,* where families, children especially, are chiefly sustained by it in good health, nearly the year about. The quality of the potatoe must be attended to; it must always be of the floury kind, and such as is produced from a light, dry, or sandy soil.† The value of this vegetable is yet

* Ireland.

† This valuable vegetable is one of the greatest blessings bestowed upon this kingdom, as an article of food; for as it is so complete a substitute for bread, the want of bread can never be seriously felt by the poor, or any other class, especially as the

yet but partially underſtood. As an article of food for children, it cannot be ſurpaſſed; and it is generally liked by them.

If this mode of feeding is ſtrictly adopted, a child will generally thrive and get forward in a very deſirable manner, free from thoſe complaints of the ſtomach and bowels which children are liable to at this period. Care is requiſite on the part of the parent or governeſs to *ſee* that nurſes or ſervants do not deviate; which they are very liable to do from negligence or conceitedneſs. It may be continued for the firſt twelve, eighteen or twenty-four months, without variation; or even much longer; as I know of no period of childhood that requires any deviation from this plan, that can be attended with any advantage, as herein is contained every thing in a plain ſimple ſtate, that can be requiſite and adapted to the growth, ſtrength, and vigour of the child; and all others are avoided that might retard or diminiſh them.

the cultivation of it is extending ſo very much in moſt parts. It has one great advantage over bread, that it will compoſe a diet, alone, much better and longer than bread. It likewiſe fails of a crop much ſeldomer than grain: and as it is ſheltered in the ground, it will remain there without injury for a long time after it is ripe, to admit of proper weather and opportunities to reap it; whereas grain is liable to various accidents while growing, and muſt be cut and houſed at ſtated times, or elſe it becomes injured or even quite ſpoiled.

It

It is not unuſual about the ſecond or third year, to indulge a child with a little of what may be at the table of the parents or ſervants. This ſhould be permitted, both now and hereafter, with great caution; as it ſeldom happens any thing there is ſuited to the child, who is better confined to his nurſery and diet.

Puddings, of bread, millet and rice, with eggs and milk, without ſugar or butter, may be given as they are found to agree with the ſtomach and bowels. Sugar, butter, and ſalt, muſt form no part of the diet in any ſhape; and muſt be completely prohibited at all periods of childhood; and the farther the prohibition can be extended to youth, the better. There may appear a hardſhip in depriving a child of articles that make food ſo pleaſant and acceptable: there certainly would, were we to draw the concluſion from ourſelves: the reverſe however will be the caſe, when we make the experiment; as children, who have never been accuſtomed to theſe habits, will ſeldom be gratified by them, but rather ſhow an indifference, which will often continue through youth and even manhood, with evident advantage.

All the diſadvantages in the uſe of ſugar which have been enumerated in the former part of this work, as applied to infants, page 118, ſtill continue in childhood; acidity, indigeſtion,

 a vitiated

a vitiated appetite and their ſeveral conſequences, are ſure to follow, in proportion to its uſe.

Butter, as it is variouſly uſed, is proved by regular experience to every obſerver, to be hurtful to children. It is difficult of digeſtion in any weak ſtomach, and renders every thing ſo with which it is taken: it turns rancid, and is very heating; particularly ſo in toaſt, baked puddings, paſtry, and cakes, or where heat is uſed. The bad conſequences therefore ariſing from ſugar and butter are, indigeſtion, obſtructions in the ſtomach and bowels, feveriſhneſs, paleneſs, weakneſs, want of thriving, delicacy, and depravity of appetite, enlargement of the belly, worms, and other concurring appearances to be obſerved in delicate and weakly children.

It may ſeem odd, that the two things which children appear moſt fond of (ſugar and butter) ſhould be of all others, they get, the moſt injurious: but it muſt be acknowledged they are not naturally ſo fond, but become ſo by habit; for if a child from his birth is not permitted to taſte theſe forbidden fruits, he will be preſerved from their deleterious effects without the ſmalleſt conſciouſneſs of their want, or a deſire to have them. Experience, with thoſe, who, out of a due regard to the preſent and future health and well-being of their offspring, will make it, will be convinced of the juſtneſs of the practice here recom-

recommended, by the comparative benefits attending it. There are, ſome, however, who from a timorous, miſtaken indulgence, cannot aſſume reſolution ſufficient to do what even their reaſon aſſents to.—Such a want of reſolution is oftentimes more to be deplored than aſſiſted.—It is evident, therefore, that every article of the diet, in which ſugar or butter form a part, ought to be rejected at all periods of childhood.

DUMPLINGS, and hard puddings of all ſorts, are better avoided.

SALT, as it creates thirſt, and vitiates the appetite, is to be avoided; the more eſpecially as it can be of no advantage, and is ſeldom reliſhed at this period.

FRESH vegetables ſhould be cautiouſly uſed, eſpecially the more flatulent and griping; as cabbage, greens, peas, beans, and ſallads; kidney-bean, artichoke, and aſparagus, are more proper, occaſionally: but the place of all theſe will ſtill be in general beſt ſupplied by, that wholeſome vegetable, the potatoe; as abovementioned.

MILK, therefore, unboiled, or boiled with bread not too fine and free from adulteration of alum, or the different preparations of milk in the form of cuſtards and puddings above deſcribed, broth and potatoes, ſhould compoſe the diet of a child for ſome of the firſt years of his life, with as little variation as poſſible; with which

which he will thrive much better than any other, and is applicable to every conſtitution, being ſo well adapted to the ſtomach and bowels, and the nutrition of the body.

A CHILD can ſeldom be thirſty with this diet, when well, and except from exerciſe in warm weather: if he ſhould, milk, water, or milk and water, will be moſt ſuitable. New milk ſhould on all occaſions, whether as food or drink, be thinned with water in proportion to its richneſs.

REGULAR meals, as far as they can be adopted, are to be preferred: for if a child is ſuffered to eat at irregular periods and as his fancy directs, he will be induced to eat too much. He will alſo, get a habit of eating as an amuſement, which, if not indulged in, will make him fretful. As a child's diet is lighter and his digeſtion quicker than thoſe of a grown perſon, ſo he ought to have his meals ſomewhat more frequent. He may, in a general way, be allowed to eat as much as he will at a meal, ſuppoſing he is well and his food is of a proper quality; as he will ſeldom be found to ſuffer any inconvenience from ſatisfying his appetite, even at night.

AT the age of three, four, or more years, a child may at dinner have a little fleſh meat or fowl, ſimply roaſted or boiled, or fiſh of any kind,

kind, without butter, gravy, or any ſauce, with potatoes: the white meats and fiſh, no doubt will have the preference; and will be better boiled than otherwiſe. Some ſorts of ſhell fiſh are often acceptable to children at this or a later period, and are very ſuitable; particularly oyſters, which are beſt raw, and cockles, ſhrimps, and prawns: muſcles, lobſters, and crabs, often diſagree. As drink will be neceſſary now, it ſhould invariably be milk, or water; but rather the pure ſimple element. Beer of any kind ſhould never be taſted at any period of childhood, as it has an invariable and powerful tendency to promote acidity and all its conſequences; and can in no wiſe be neceſſary, or have any good tendency. It will be evident, therefore, that vinegar, pickles, and acids in all ſhapes, muſt undergo a ſtrick prohibition.

It is very uſual to give a glaſs, or part of a glaſs of wine, to a child at dinner; being conſidered as conducive to his ſtrength and thriving: yet as wine, of all ſorts, has, at this time, a tendency to promote acidity, its effect muſt obviouſly be the reverſe of what was intended. If it be given as a cordial, to warm the ſtomach and cheer the ſpirits; it is to be conſidered, that youth requires not ſuch aid: for although " wine is the milk of old age," it is not ſo of childhood, where the frame, like the mettle

tle of all young animals, requires the rein rather than the ſpur; and if a child be puny and weak, he will ſooner have his health improved by the diet here recommended. Wine, alſo, vitiates the appetite; and is an indulgence, introduced at much too early a period.—*Therefore better totally omitted.*

CHEESE, is an article of food that moſt children ſoon get fond of; and when taken moderately, is rarely found to diſagree. It ſeems leſs ſuited to form a full meal or part of a full meal, than to be taken in ſmall quantities, with bread, between the regular meals. The newer ſorts of cheeſe appear to agree better than thoſe that are old.

FRUIT is an article that requires a great deal of caution in its uſe. If properly ſelected, and given in moderate quantities, it is a gratification that may be indulged, as a child grows older eſpecially, without injury, and perhaps occaſionally to ſome advantage. In general, the ſweet juicy, or mellow fruits that readily diſſolve in the mouth, are the only ones that ſhould be eaten; as, the ſtrawberry, ripe gooſeberry, and black and white currants without the ſkins, ſweet ripe grapes, and pears; while the more harſh and ſolid, as apples, cherries, plumbs, and the generality of ſtone fruits ſhould be forbidden. The harſhneſs and acidity of fruit lies moſt in the

ſkin;

ſkin; the ſkin of all fruit therefore ſhould be as carefully avoided as may be. The uſe of fruit may be beſt determined by its effects; if it produce no ſickneſs, griping, coſtiveneſs or looſeneſs, and the appetite for proper food is not impaired, its guarded uſe may be continued; otherwiſe, not.

FRUITS preſerved with ſugar, are very improper; not only from the ſugar which they contain, but, as they are generally kept ſome time before they are uſed, they acquire a tendency to ferment; and, when eaten, will be apt to produce more acidity than the fruit in its ripe unprepared ſtate would do; and which is ſtill more promoted by the ſkins, which are commonly preſerved with the fruit. Fruit pies, compoſe no inconſiderable part of children's diet; however, if any part of this our plan is aſſented to or adopted, it will be very evident they can form but a very ſmall ſhare now. Baking may ſeem to meliorate fruit when mixed with ſugar, with the addition of buttered cruſt; yet that is chiefly a deluſion of the palate; and ſuch a compoſition certainly makes one of the moſt unſuitable articles in a child's diet. When pies are made of freſh fruit, it is often unripe and of the harſheſt kind. Apples, are in general too harſh for a weak ſtomach ſubject to acidity, even of a grown perſon: they are mellowed by keeping;

and ſuch as will bear keeping till after Chriſtmas, may be eaten with the moſt ſafety.—Fruit puddings, are to be objected to much on the ſame ground with pies.

As children in the ſummer and autumn may be indulged in as much ripe fruit as is proper, there is leſs occaſion for its uſe in pies or puddings at theſe or other ſeaſons; and, in winter, ſomething elſe may be ſubſtituted. Foreign *dried* fruits, as French plumbs, figs, raiſins, and currants, may occaſionally be taken, raw or differently prepared. Alſo grapes. Theſe are better ſuited to children than our own prepared fruits, as they are mellower and freer from acidity; and when made into puddings or pies, require little or no ſugar. If any deviation can be made from our general plan, it will be in pies and puddings (chiefly the latter) of foreign dried fruits, with little or no ſugar, and with as little butter or ſuet, as may be, in the cruſts.

Tea is better avoided: for if the tea in itſelf ſhould poſſeſs no noxious quality, yet from being made ſweet, it will vitiate the taſte and take off the proper reliſh of other food: and if a child is ſuffered to have it in company, if he does not partake of buttered toaſt, &c. like the reſt, he becomes diſſatisfied and fretful. A little very weak common tea, without ſugar, put into a good deal of milk, with a piece of dry bread, is perhaps

haps the only manner of taking it that ought to be permitted. Many errors are committed by ſervants in this matter; of whom, few can be truſted, even when the ſtricteſt orders are given them, as they are univerſally liable to give the tea very ſtrong and ſweet, with great quantities of butter in toaſt, &c. The commoner teas are to be preferred to the finer.

ABOUT this time, or even earlier as it may be preſumed to agree, a child may have buttermilk, which commonly proves very acceptable. It may be indulged in as a meal with bread, or as drink at meals or otherwiſe, as it is found to agree; which it generally does very well with children who are deprived of the other aſceſcent articles of diet abovenamed. It can never diſagree except by producing griping with looſeneſs or coſtiveneſs. Some bowels may be ſo weak as not to bear it (yet that is not often the caſe) and then it ſhould be diſcontinued. It is conſidered in ſome parts of the kingdom as unfit food for the human ſpecies; which is a very improper prejudice; as where it agrees, it forms one of the wholeſomeſt articles of a child's diet; and agrees better with children than grown perſons. It ſhould always be uſed as freſh as poſſible, and never after it is turned ſour. The Iriſh method of mixing it with potatoes, ſeems very acceptable and proper.

As a child grows older and uſes more exerciſe, he may have larger portions of animal food or fiſh, at dinner only; and may have the daily number of his meals reduced to three: but as from the exerciſe he uſes, he will be hungry between the meals, his hunger muſt be ſatisfied; and which is beſt done by as much dry bread as he will eat. There cannot be a pleaſanter ſight of the kind, than a child eagerly engaged with a large ſlice of a loaf; as it is an almoſt ſure teſt of health, and which all children will do whoſe appetites are not pampered, depraved, and vitiated by improper diet.

If a child takes a liking to a little fat with the meat, it may very properly be given; as it does not appear from experience to produce groſſneſs of habit more than the lean part of the meat. As puny children, who are indulged in ſweet and improper food, have no great reliſh for animal food, they have ſtill leſs for the fat part of it; while thoſe who are not ſo indulged, often prefer a little of it; and their doing ſo is one of the beſt indications of health. The fat of meat does not poſſeſs the injurious qualities of butter.

It is difficult to ſay when or how this diet is hereafter to be varied, as it ought to be continued with as little variation as poſſible during the whole of childhood; and the more invariably it is extended to youth, and even mature age, the better;

better; for when innovations are once permitted, it is often a difficult matter to limit their boundaries; and which I do not feel myself disposed to enter upon here, as it would be extending the limits prescribed: confident however that a regulation of the diet at the varying periods of life, is of the first importance in the establishment and preservation of health.

THE outline which has been given of a child's diet, must be left to be filled up at discretion, and as circumstances will allow. I am satisfied it is correct for the purpose of health, strength, and vivacity, at this period; and that it will have a powerful tendency to promote them through life, with both sexes; the difference of sex requiring no variation at these periods in the *quality* of their food, although the female will commonly be found to require less in *quantity* than the male.

IT is not usual to recommend animal food to children at an early period; who indeed are not much inclined to it, when they are indulged in butter, cakes, and sweet things; yet when introduced as abovementioned, may be taken with propriety

propriety and advantage, and will be generally well relished. In a former part of this work (page 70) the digestion of the food and its effects are familiarly explained; whereby it is found, that we are by nature formed to subsist upon a mixture of animal and vegetable food; and (as there observed) milk, as being a combination of animal and vegetable matter, is properly suited to the first period of infancy; yet as we become older, we use more exercise, the body becomes stronger, and we require more of the animal quality than milk affords, to support the increasing growth and strength; and which cannot be more advantageously obtained, than by a suitable mixture of animal and vegetable food, upon the principle above described. The *quantity* of animal food to be given, must vary with circumstances, and cannot be here pointed out in every particular case: it is sufficient to observe, that as the animal is the most nutritive part of the food, a lusty gross child must be restrained in proportion to his disposition to become gross, even to limiting him to milk alone; while a child inclining to be thin and spare, may have it proportionally increased. It is a very mistaken opinion that animal food is improper for children inclined to be thin, weak, and delicate; and they are accordingly fed with fruit pies, cakes, and sweet things, which, as palling the appetite and

not affording sufficient and proper nourishment, beside injuring the stomach and bowels, contribute to their weakness and delicacy. Vegetables yield very little nourishment in proportion with animal food.

A CHILD, as abovementioned, who has been accustomed to cakes and sweet things, will not sometimes relish animal food when it may become necessary to give it in changing his diet; yet a tolerably strict confinement to milk, bread, and potatoes, for a while, will bring it about. Instances may occur where animal food, in broth or any other shape, may be disliked, or disagree for a very long period; in those cases, the milk, &c. here mentioned, must be persevered in while such distaste or disagreement continues.

FINALLY; it is to be observed; that in the foregoing general directions for a child's diet, it is supposed the child is not labouring under the effects of any hereditary, constitutional or other particular infirmity or disease, that may solicit a deviation; and which can rarely happen to any material extent, for any length of time.

DRESS.

WHEN a child is a few months old, he is very properly diſencumbered of a part of his dreſs. For although, as has been formerly obſerved, it is highly neceſſary at the birth to wrap him cloſe, to preſerve him from cold, it is as proper afterwards to expoſe him to the air; and which on all occaſions muſt be done gradually, that the effect may not be too ſenſibly felt.

The firſt ſtep is very properly a partial curtailment in the length of his dreſs, which, according to the ſeaſon of the year and the child's health, is repeated: when about the time he ſhows a diſpoſition to make uſe of his legs and feet, he is ſtill more liberated.

It is ſtill unneceſſary to enter into a minute deſcription of the dreſs, which on the whole is very generally proper enough. Shoes may be made uſe of very early, to defend the feet from injury in putting them down: thoſe are beſt that are made of woollen materials; not only from their warmth and ſoftneſs, but being the leaſt uncomfortable when wet. Stockings of any kind are unneceſſary, if the under part of the dreſs be of flannel, which it ought ſtill to be; and as they

are

are ſo frequently liable to be wet, they can neither be cleanly nor comfortable.

As ſoon as a child, of either ſex, has hair enough upon the head to cover it, the cap ſhould be removed in the day. This muſt be done at gradual intervals, and with a regard to the ſeaſon of the year; and when adopted, muſt continue, at all ſeaſons, to as late a period as the habits of the age will allow—the longer, the better.

Stays are never neceſſary for the purpoſe of ſupporting the body; and whatever is made uſe of for the purpoſe of warmth, will anſwer every intention of ſupport that may be required. Stiff ſtays do not only interrupt the growth of the body by their preſſure upon it, but alſo by impeding the child's activity. It was a great miſtake to ſuppoſe the body generally needs any ſuch ſupport at any period of early life; and where it is done with an intention of preſerving or forming a good ſhape, it is equally fallacious, as the riſk is much greater of its promoting deformity. If the human body were a piece of pliant, inanimate matter, it might be moulded by a pair of ſtays to a ſhape that would be retained; but as it is, during its growth, it is under a conſtant effort to produce a regular change in its form, which, if checked or diverted, will cauſe it to deviate from its proper direction, and may thus aſſume a form very different from what

even art deſigned it ſhould have. A pair of ſtiff ſtays may appear to fit and give a ſhape as completely as art can accompliſh; yet from the growth and motion of the body, ſome part of it will ſoon feel oppreſſed and uneaſy; to eaſe which, the wearer is induced to put the body into a poſition that was not intended, and thereby may produce a deformity proportioned to the cauſe and the length of time it is ſuffered to continue.

WHATEVER materials ſtays are made of, they ſhould always be wide enough over the breaſt to give free and full liberty to the lungs in breathing and to prevent complaints there. Too much confinement and preſſure from ſtays over the breaſt of girls and young ladies, is a very frequent cauſe of their not hereafter being able to fulfil one of the moſt neceſſary of the maternal duties—nurſing their children.

IT is neceſſary therefore that children and young ladies ſhould have their ſtays always as pliant and ſlight as habit and faſhion will permit.

THE different machinery ſo commonly made uſe of to keep down and flatten the ſhoulders of females, may be cautiouſly uſed at any time; as they make no preſſure upon the breaſt, but rather aſſiſt in throwing out and expanding the cheſt; which on ſome occaſions may prove uſeful.

STOCK-

Stockings ſhould be delayed wearing by both ſexes, as long as decency will allow, in all ſeaſons, if the health is not affected by a want of them; as ſuch a practice tends much to the preſent and future hardineſs of the conſtitution. When children get wet of their feet, the feet ſooner dry without than with ſtockings. As wet feet is a circumſtance that frequently happens, it is better not to be too anxious about preventing it, eſpecially if no bad conſequences enſue to the health, as it may be a means of greatly protracting and leſſening thoſe inconveniences that are experienced at a later period of life from wet feet. Very few perſons whoſe ſituations in life enable them to avoid wet feet, can bear to be ſo wet without feeling bad effects from it, which thoſe who are accuſtomed to it do not experience. This is one of the errors of directing the habits of children by our own. The parent who has reaſon to know that wet feet would endanger his own health or even life, is anxious in preventing it with his child; and muſt be the chief reaſon of the ſolicitude which parents diſcover to prevent their children being wet of their feet. It will be better therefore not to be too ſtrict in diſcouraging wet feet, when no bad conſequence reſults from it. The bad effects that may ariſe from wet feet or the want of ſtockings, are moſt commonly complaints

of the ſtomach and bowels, of the eyes or ears, or any other complaint a child may be ſubject to on *taking cold:* as alſo chilblains on the feet or heels. When this happens, the legs and feet muſt be defended by ſtockings and dry ſhoes, as may appear neceſſary; but it will be always adviſable firſt to diſcover what degree of expoſure can be borne, with perfect ſafety.

FASHION extends to the quality and ſhape of children's cloaths. Theſe are of little importance, provided the cloaths are made big enough, ſo as to give liberty for the free exerciſe of the body and limbs, and are not too heavy and cumbrous. Cotton ſeems an article as well ſuited to a child's dreſs as any other. The neck and breaſt ſhould be uncovered, and remain ſo as long as cuſtom will ſanction it. It fine, every expoſure of the body, conſiſtent with the forms of the age, and that the health will bear, are adviſable for the purpoſe of obtaining ſtrength and bodily vigour; and much may be accompliſhed by early and regular habit, for thoſe deſirable purpoſes: while on the contrary, too much wrapping up and dread of expoſure, will engender the very evils they were intended to obviate, as is readily diſcovered by attending to the reſult of the two different methods.

CLOSE coverings are ſometimes employed to aſſiſt or preſerve the complexion. No doubt it is

is neceſſary to guard againſt ſcorching from a ſummer's ſun; yet any degree of brownneſs that uſually comes from a moderate expoſure in ſummer, is effectually done away by the ſame expoſure to the winter cold. Cold is the beſt purifier of the complexion, to which it imparts a healthy clearneſs that cannot be obtained by any other means. So that no permanent and future brownneſs will happen to the ſkin from expoſure to all weathers, where the complexion is naturally good; nor conſequently will an indifferent one be ſenſibly injured by it. The complexion, however, when compared with health, becomes but ſecondary; and of which a due ſacrifice will always be made by thoſe parents who have a proper regard for the true intereſts of their children.

EXERCISE AND AIR.

AS a child ſhows a diſpoſition, and appears to acquire ſtrength, to make uſe of his feet and legs, he ſhould gradually be encouraged ſo to do, till he is able to ſupport his own weight and move about.

THIS is the only rule to be obſerved; although there are many fanciful opinions on the occaſion.

occaſion. A very prevalent opinion is, that if a child be ſet early upon his legs, they will become crooked; and alſo, that before he acquires a certain age, he cannot poſſibly be ſtrong enough to ſupport himſelf, without riſk of injury; and ſo forth. Experience however informs us, that children diſcover a great variety of power and ability in this reſpect; and we ſurely can have no better guide to direct us. Therefore at whatever period an inclination and power for motion are diſcovered, they ſhould be encouraged, and gradually and regularly aſſiſted, without regard to times; being careful not to urge the child's powers beyond what they appear capable of; aſſiſting, not forcing.

WHEN a child can walk, either alone or with aſſiſtance, he may have as much of that exerciſe as ſeems pleaſant to him; as the increaſe of it gives an increaſe of ſtrength and ability for it. On this account he ſhould ſeldom be permitted to ſtand ſtill, eſpecially for any length of time; as ſuch frequent long ſtanding takes off the deſire for motion, whereby the legs may become crooked and the child may become rickety; as often happens with careleſs nurſes.

It is on this occaſion only, that the legs become crooked; and not by the child being put too early upon his legs; as it never can happen from this latter cauſe, if the child's inclination

and

and ability are attended to, and gradually aſſiſted by encouraging the motion of the legs, with an occaſional preſſure of the feet upon the nurſe's lap, without ſuffering them to reſt there, for ſome time after the firſt eſſays.

Leading-strings ſhould not be made uſe of at all: as they invite a child to uſe his legs more than his natural deſire ſolicits and his powers admit of, he may ſuſtain ſome injury in his legs or back from premature exertion: they evidently have a tendency to make a child round-ſhouldered, and may cauſe diſtortion. Slings, go-carts, and all ſuch other expedients, are objectionable on the ſame grounds, and are ſeldom uſed but for convenience by thoſe who have not opportunity to attend properly upon their children. The back-ſtay, which is intended only to keep a child from falling when he can walk a little, ſeldom anſwers that purpoſe; as he will be the more likely to fall whenever he is by accident or deſign deprived of that ſupport.

A child ſhould be ſuffered to lie awake in bed as little as may be; and ſhould always be amuſed, when up, with ſome ſort of action; which a child, who has juſtice done him by his nurſe, will be fond of and not ſatisfied without. There can be no better proof of a nurſe's attention and induſtry, than the child's activity and deſire for motion, at any period of infancy; while

while an indolence and dislike to motion and exercise, is as certain a confirmation of her want of proper exertion in his favour; for a healthful child, well nursed, can seldom be restrained from perpetual action, when awoke. It is an amusement to some children, about the time they are getting to their feet, to tumble and creep about the floor; and which they may freely do upon a carpet, or the carpet of nature out of doors at dry and proper seasons, to great advantage; as by that means they exercise the whole body and limbs freely and in a manner grateful to themselves.

As a child acquires power and activity, the exercises should be as much out of doors, and in the free and open air, as seasons and circumstances will admit: exercises, so obtained, will be found to give a greater glow of health and spirits, and consequently more strength and inclination to pursue them, than those practised within doors, or in close or confined situations. Children who are so unfortunate through a mistaken care, to have too much confinement, are distressed and suffer much uneasiness from every slight unusual exposure, and which they frequently retain through life; while those who have suffered no such indulgences, meet the varieties of the different seasons without shrinking, and even with a degree of pleasure: therefore if the exposure

posure is regular, the child will acquire a hardiness that will enable him to encounter it without inconvenience or reluctance in all seasons.

ALTHOUGH this conduct is proper to be observed in country situations, it becomes still more necessary to be strictly enjoined in towns and other confined places, where pure air cannot be had without some pains taken to obtain it; and where the bad effects of confinement and impure air so very obvious. So very unfavourable is the air of a town to many children, that, with all the pains and attention that can be bestowed, they will not thrive and get forward. The effects produced by the air of a town, or any close or confined situation, are; a puny sickly look; want of appetite; fretfulness and restlessness; want of spirits; feeverishness; and disturbed sleep, or wakefulness when in bed; all which are sensibly relieved by a removal into a better air, and that, in a very short time, if the residence is constant. It appears that the greatest benefit derived from pure air, is from sleeping in it. It will always be advisable, when there is opportunity, to have town children altogether in the country, some part of the summer season, if even they should not appear immediately to want it; as it will be a means of greatly favouring the continuation of good health.

THE desire for exercise generally increases

with children's age and growth; and it is ſometimes thought neceſſary to reſtrain them in it, leſt they ſhould harm themſelves by exceſs. This idea originates from an erroneous principle, and is founded upon the effect which the parent knows will follow to him or herſelf from the ſame cauſe. A child's frame is light, and all the parts of it are pliant and put in motion with little exertion, and ſo continued with little labour and fatigue: and as nature formed and intended him to ſupport himſelf by his own active exertion, it inſtinctively directs him in the early practice, and has ſo ordained, that ſuch activity ſhall be compatible with health, and ſhall even be the price of health: ſo that if a parent ſhould, as he often does, conſider that a child may not have occaſion to employ his ſtrength and activity for his ſupport; yet if health is to be the reward, and cannot be purchaſed by any other means, he will find it his duty not to fetter or too much check or diſcourage the impulſes of nature in this inſtance; and which he will be the leſs inclined to do, when he becomes ſatiſfied of the impropriety of meaſuring or comparing his child's bodily habits, inclinations and abilities too cloſely with his own.

As we find, in general, the beſt health accompany the leaſt reſtraint in exerciſe, it ſhould in a very few inſtances be diſcouraged; perhaps in none

none except where its excefs has an apparent tendency to do harm; or occafionally in extremely hot weather. Children are inclined to perfpire freely: if this happens to excefs, and fo as to appear fenfibly to reduce the ftrength, it becomes a motive to reftrain exceffive exercife in hot weather, but not otherwife in other feafons; and it fhould always be inquired whether a tendency to fweat, and the lofs of ftrength, may not depend upon or be combined with fome other caufe or caufes. Too warm a bed is not an unfrequent affifting caufe.

As children perfpire fo much with exercife, it is fuppofed they are liable to take cold on any fudden ftopping of the perfpiration; which in a grown up ftate we know to be dangerous: it is not fo however with children who run about (although it is fo in the earlieft ftate of infancy;) and I do not remember an inftance of a cold, fever, or any of the general inconveniences from that caufe, being the refult of it, even with delicate children. Partial or general wafhing, fitting or lying on the ground, when hot, have not the bad effects upon children that they have on grown perfons.

CHILDREN are fo light, and the limbs and body are fo pliant, that they feldom take harm from the bruifes, fprains, falls, and other accidents that prove more hurtful hereafter; which

becomes a great ſecurity to them againſt many accidents their inexperience expoſes them to.

Although the freedom of exerciſe may be indulged without many of the bad effects attributed to it, that does not preclude the propriety of attending to the choice and quality of it at different periods; which may be ſubmitted to the parents diſcretion. Thoſe exerciſes are in general beſt, wherein the body is thrown into a variety of poſitions. Swinging, is a preſent favourite exerciſe; but it may more properly be called an amuſement, to a child, and ſhould not be conſidered as exerciſe. Very few children, who are well, are backward at the active exerciſes: if they are, they ſhould be incited to them.

At an early period, the exerciſes of both ſexes are nearly alike, but are very properly diſtinguiſhed at a later; not only for preſerving decorum, but as being ſuited to the conſtitution and formation of the body for the different offices of life. Although the exerciſes of the female are leſs robuſt and violent than thoſe of the boy, they ſhould not be deficient in activity and regular expoſure, in the pure and open air out of doors, at moſt ſeaſons; but which the female habits and education do not generally admit of ſo fully as is neceſſary. Beauty, and elegance of perſon, are conſidered as leading requiſites in the

the female character, to which much exercise and exposure to the weather are thought to be inimical.* Confinement may produce what is called a delicacy of complexion and person; yet these can be justly considered in no other way than as disease, or connected with disease; and yield to that glow and unaffected animation, and just proportion of the features and body, that wait upon the rosy goddess. It is only the hard and laborious exercises that have an unfavourable tendency to affect the beauty and elegance of the body; the lighter and more active may be freely practised without any such risk, and on the contrary will have the best tendency to promote and likewise to perfect them. It is to be observed, that the body, features, and limbs, have a tendency to a particular complexion and form, which they will assume at their perfection, beyond the power of art to improve upon in childhood, without running an equal risk of producing the contrary effect. As the future form of the features, limbs, &c. cannot be sufficiently ascertained in childhood, we may, for any thing we know to the contrary, by any means we may use, be counteracting the very intention we wish to promote; and which nature, having her free scope, might bring about: any brownness of the

* See page 324.

skin

ſkin, or clumſineſs of the body or limbs, that a child may have from expoſure to the weather and exerciſes, will not in any degree be a means of their remaining ſo when grown up, beyond what will take place whatſoever other mode of treatment is adopted. The great ſolicitude therefore which parents ſo frequently diſcover about the complexions, ſhapes, &c. of their daughters in childhood, is chiefly uſeleſs or of little avail; and if, inſtead of the various arts, modes, precautions, &c. that are uſually made uſe of for the purpoſes of beauty and elegance of perſon, nature were more conſulted, there would be a much greater chance of the intention being accompliſhed, and health would be more certain in proſpect.

Female habits, amuſements, and employments, lead to an early confinement to the houſe; by which a liking for various indulgences commences, and will be difficult to prevent an increaſe of, if not duly guarded againſt, by urging a regular expoſure to and exerciſe in the open air; and which no uſeful employment or faſhionable accompliſhment need prevent, when the economy of time is duly obſerved.

Boarding-schools, in towns, are ſeldom favourable to health; as the rules and decorum of a ſchool, a large one particularly, will rarely admit

admit of free exercife and proper expofure in the open air.

WARM rooms are to be carefully avoided; not only as hurtful in themfelves, but as leading to other indulgences: they are feldom found defirable, where proper expofure to the air takes place.

WHATEVER exercifes open the cheft, are very fuitable: there are few of thefe applicable to the female character, except battledoor and the dumb bell. Any fitting employment, that requires ftooping and leaning upon the breaft, as tambour, &c. becomes particularly prejudicial to health. Habitual exercifes on foot or horfeback, are to be preferred to a carriage; the latter can never be confidered in any other view than as an indulgence, and therefore its regular ufe is to be avoided, and fhould give place to the others; except *occafionally* as an amufement, a convenience, or in wet weather. The exercife of an open carriage, approaches nearer to that from horfeback, than any other. Clofe and eafy carriages become inimical to health at all periods of life (where *age* or *natural* infirmity do not require them) in proportion as they preclude the ufe of more proper exercifes.

The exercifes of boys become more ftrong as they advance in age; and as, in general, their extent need not be limitted, it will be

proper

proper to select them chiefly for the purpose of safety. The numerous amusing exercises which boys pursue, are, independent of health, not unfrequently of use in disclosing their talents and abilities; as a tendency to particular pursuits will often be discovered in their amusements, when the choice is left to themselves: and as there are so many stations to fill and characters to support in life, an early discovery of talents will afford more time for discrimination and culture. Although inclination and genius are proper to be consulted in the choice of the station the future man is to fill in life, his bodily constitution should be considered, for the purpose of health: a delicate irritable frame is often consigned to a studious or sedentary life, which increases these natural infirmities; but which might have been diverted or lessened by a more active station and where the mind would have been less intensely engaged.

Boys at school should never have any involuntary tasks or exercises that engage the mind, nor be suffered to engage too much in those of their own choice, so as to interfere with their bodily exercises, out of school; for whatever natural propensity a boy may have to any study, he will have time enough to pursue it in the school, as a difficulty often arises of properly filling up

a boy's

a boy's time in the ſchool, during the many years of his going to it.

THOSE exerciſes are in general to be preferred that put the body into different poſitions; as alſo thoſe that open the cheſt, as bell-ringing, rowing (when ſafe), the dumb bell, and ſome of the operations of huſbandry.

SLEEPING.

THERE is no circumſtance attending the body, whoſe cauſe and event are ſo little underſtood, as that of ſleep. We are all ſenſible of its refreſhing power; and as children take and require more of it than grown perſons, it may be ſuppoſed particularly eſſential to the growth and increaſe of the body; and a healthful child will commonly require ten or twelve hours ſleep in the night, which is for the moſt part uninterrupted and uncommonly ſound; and when ſo, ſhould not be diſturbed. Early hours of riſing and going to bed, are to be preferred.

SOFT beds are to be particularly avoided, as they have a conſiderable tendency to relax and debilitate the body by their improper warmth. Bed curtains are objectionable on the ſame account. Fire in the bed-room muſt never be

admitted (in health) for the ſame reaſon; and the room ſhould be as large and airy as may be, and by no means over a kitchen or any other place that may heat the air of the room, ſuch heat being particularly hurtful: it is but too common to have a nurſery over a kitchen. As children perſpire freely at all times, they do ſo in particular when in bed, and which is conſiderably promoted by the cauſes here enumerated. It is under theſe circumſtances that profuſe ſweating becomes weakening to children: and if they get cold from the ſudden ſtopping of perſpiration, it is from ſudden expoſure to the air in getting out of bed in this relaxed ſtate; as we are more liable to take cold when in a relaxed ſtate, than otherwiſe; and hence it happens that many perſons of relaxed habits are more liable to take cold from the early morning than the evening air: the early morning air being colder than the evening air.

A MATTRESS will be preferable to a feather bed; and which, if continued from the period of infancy before treated of, will, with the obſervances here mentioned, be more ſatisfactory to a child thus treated, than the fulleſt indulgences will to a child ſo indulged.

MANY an indulgent mother, whoſe child is immerſed nightly in a bed of down, with warm, cloſe drawn curtains, in the warmeſt room in the houſe, would ſhudder at the idea of a ſtraw

mattreſs,

mattreſs, boarded bed bottom, want of bed curtains, and a cold room without a fire; and by that means diſcover the errors of a falſe prejudice, derived from common practice, or the comparison ſhe makes between her child's feelings and treatment and her own.

NIGHT caps are not neceſſary, when the head becomes ſufficiently covered with hair, except for the purpoſe of confining or preſerving the hair; and ſhould always be ſingle and made of thin and ſlight materials. As the bed is cool, ſo ſhould the cloaths be that cover it. The windows of the room ſhould be open in the day time in dry weather; and there ſhould never be a chimney board, nor muſt the chimney be ſtopped.

INDULGENCES are apt to grow out of each other; ſo that children who ſleep in very ſoft and warm beds, are inclined to lay in bed longer than they otherwiſe would; and that not only from a motive of indulgence, but to avoid the impreſſion of cold on getting up, which is more ſenſibly felt in proportion to the increaſed warmth of the bed. Warm beds beget a deſire for too much warmth out of them; and, by relaxing the body, take off the deſire and ability for exerciſe; whereby many diſadvantages to health follow; inſomuch, that if the other regulations in diet, dreſs, exerciſe, &c. are attended

to, and this neglected, it may very confiderably counteract the others. It becomes very neceffary that the whole be connected, like a piece of machinery, to make it perfect. There is perhaps no period of life that will require a material deviation from this mode of fleeping, except ficknefs, infirmity and old age; and, independent of health, it has every advantage of convenience at home, and accommodation in various fituations from home. It does not appear that the difference of fex will require any variation in this matter during childhood, and perhaps the lefs the better afterward.

MATTRESSES are made of the different materials of flock, hair and ftraw. The firft feems the leaft eligible, the laft the moft fo. The two firft are animal materials, which retain the effluvium or vapour from the body more than the latter. The vapour which is conftantly iffuing from the human body, is its greateft enemy, when afterwards confined in it; and is the caufe of jail and other malignant fevers, which happen in crowded fituations that are not properly ventilated. Straw, as poffeffing much lefs of this quality of retention, has therefore the preference. Of whatfoever materials beds are made, they fhould frequently be dreffed or replaced; and thofe hangings (when made ufe of) which can be cleaned or wafhed, are to be preferred. Laths

or

or ſpars of wood are come much into uſe, in the place of ſacking bottoms for beds; and are undoubtedly preferable.

COLD BATHING.

THE free waſhing or immerſing in cold water, which has been practiſed in the earlier periods of infancy, may be continued to greater or leſs extent afterwards, as circumſtances may favour it.

CHILDREN, thoſe living in towns eſpecially, are ſubject to become languid in the hot ſummer months; and whether this languor ariſes from the effects of heat and cloſeneſs of the weather, fatigue in their exerciſes, or overheat in bed, they ſeem much refreſhed and enlivened by cold bathing: and if even no appearance of languor or debility ſhould occur, a little bathing in hot weather will be adviſable; as it becomes a ſubſtitute for the cold of other ſeaſons, and counteracts the relaxing power and effects of heat. It may be practiſed three or four times a week during the hot ſeaſon, or as it appears to agree. The moſt unfavourable attendant on it, is head-ach.

SEA water will have a general preference. When the body is wet with ſea water, a portion

of

of falt is left upon the furface of the body when dry, which, by exciting a gentle, imperceptible ftimulus, is favourable in its confequences to the furface of the body, upon which depends, and are connected with, many difeafes. It is upon this principle that cold is fo feldom taken from being wet with fea water.—The fea water, anfwers every purpofe, in a tub. It is proper in every ftage of the rickets; the fcrofula; in all eruptions of the head, face and body; the rheumatifm; moft cafes of partial or general weaknefs, from natural or acccidental caufes; and fcarce hurtful in any cafe, except where there is a cough or complaint of the breaft or lungs.

OF

OF THE

MANAGEMENT

OF

PREGNANT AND LYING-IN WOMEN.

AMONG the number of improvements which have of late years atttended and been the result of medical inquiries, what relates to the management of *lying-in women* ſtands with the foremoſt and moſt diſtinguiſhed; notwithſtanding which, the practice is ſtill much ſhort of the perfection it is capable of, and is very confined and limited in its application.

IT is not much to be wondered that diſcoveries upon this ſubject are only of a recent date, when it is conſidered, that the practice was formerly very confined; and it was ſtrictly enjoined by cuſtom, that the management of women in this ſituation was to be entirely confined to their own ſex, and which commonly fell to the lot of the moſt unpoliſhed and illiterate.

THERE

There would, no doubt, be a good deal of propriety in reſtoring and reſtricting the practice altogether to the female ſex, if women of credit and abilities would be at the pains to acquire a competent knowledge of what relates to it; but which has not hitherto been attempted; nor, perhaps, ever may; as it is a purſuit which has been, and moſt likely will long be, conſidered as incompatible with female manners and education: for, ſuch a general knowledge of the ſtructure and œconomy of the human body, with its relative diſeaſes and affections, are ſo intimately connected with it, that without both a diſtinct and united knowledge of them all, and which can only be obtained by the proceſs of a regular education, it would prove very defective.

Such parts of the practice as have been ſubmitted entirely to the care of men, are brought to a great degree of perfection: yet what concerns the direction and management after delivery in lying-in, they have not been able to direct ſo minutely and effectually as might be wiſhed, at all times; and are ſeldom allowed to dictate, except when danger threatens; or if they do, their advice is not properly noticed, or is thought ſuperfluous and unneceſſary.* This moſt commonly

‡ Mr. White, after deſcribing the treatment of lying-in women as it is commonly practiſed, obſerves: "I believe "it

monly is the cafe in large towns, where nurfing is confidered as a regular profeffion, or bufinefs; and where thofe who profefs it are generally fo bigotted, and jealous of any incroachment upon their fuppofed privileges, as very unwillingly to fubmit to any infpection into, or alteration from, a courfe which they think time and cuftom has eftablifhed to a degree of perfection approaching to infallibility; and many a *London* nurfe would fooner give up her profeffion than her caudle.*

THIS improper influence is very frequently exercifed upon women of the beft fenfe; who, as they acknowledge, are often inclined, or compelled, to fubmit to many things for the fake of conforming with what they are told is the *cuftom*, although their own *reafon* and *inclination* would direct them otherwife. Nothing, there-

" it will appear that many of the moft important errors do in " reality prevail, and this I impute in great meafure to the " large fhare which nurfes have in directing the management " of lying-in women, to whofe interference practitioners " muft, in fome meafure, fubmit, though contrary to their " better judgement." *Treatife on the Management of pregnant and lying-in Women*, page 11.

HE alfo, in another place obferves: " I know likewife " the difficulty there is in bringing patients to conform to " proper directions, and the ftill greater one in inducing " nurfes and other attendants to follow the rules which are " prefcribed them." Page 149 *of the fame Treatife*.

* See the 16th page.

fore, but a little exertion on their parts, and proper information from others, is wanting to enable them to act conclusively and determinately for themselves.

The design of the following observations is purely that of exposing the inconsistences which have prevailed, and still continue to prevail, altogether, or in part, in many places, to the great disadvantage and injury of those who are obliged to submit to them; and, of setting forth, and explaining, such improved rules and methods as are consistent with reason, and have been confirmed by experience; whereby the ladies may have an opportunity of detecting the errors which they are liable to have imposed upon them; and may be enabled to determine and judge, upon most occasions, for themselves.

RULES

RULES AND CAUTIONS,

PROPER TO BE ATTENDED TO DURING PREGNANCY.

OF BLOOD-LETTING.

AS ſoon as a woman is convinced of being with child, it is a common practice with her to get *bled*, from a ſuppoſition that it is not only ſafe, but proper and neceſſary.

MEDICAL authors and practitioners are not perfectly agreed as to the general propriety or neceſſity of *bleeding*, upon this occaſion: ſome conſtantly adviſe it, and others think it better entirely omitted. When the matter is impartially conſidered, and directed by experience, it will appear, that no general and invariable rule can be adopted in favour of either opinion: it being, in ſome caſes, neceſſary; in others, not ſo; and perhaps in a few, hurtful.

THE rules for determining this matter are nearly as follows.—When bleeding is *neceſſary*, it is commonly found to be ſo between the ſecond and ſixth month; and if at any time, during that ſpace of time, there is a ſenſe of

heavineſs or weight, or a pain in the head, with thoſe eſpecially who are not much ſubject to complaints of that kind at other times; or, a pain in the back or hips, with a ſenſe of fulneſs, either conſtant, or often recurring, and which does not ſeem to abate or go off in a few weeks; bleeding will, under any, or all, of theſe circumſtances (as they may all happen at the ſame time), be adviſeable; as, moſt likely, it will be found to remove or greatly relieve them; and without which they ſometimes will continue for weeks, or even months, without any abatement; and are very troubleſome and depreſſing. Bleeding once will generally be ſufficient; but if the pains and uneaſineſs ſhould return, it may ſafely be repearted at any time, eſpecially if relief is found from the firſt bleeding.

THESE pains and uneaſineſſes are moſt common of the firſt child, leſs ſo of the ſecond; and many who have them of the firſt and ſecond, have little or no return of them afterward.* The delicate

* *To the Medical Reader.*——Theſe varieties in the ſymptoms of pregnancy may perhaps, in a great meaſure, be accounted for by referring them to the laws of the animal œconomy, which are frequently much biaſſed and influenced by habit. In the firſt pregnancy a material change is to take place in the ſanguiferous ſyſtem, and which occaſions the ſymptoms; that being once overcome, as the veſſels muſt

delicate are as ſubject to them as the more healthy and ſtrong. When none of theſe ſymptoms of pain and uneaſineſs occur, or when they are only in a ſlight degree, bleeding is *unneceſſary*, can do no good, nor can any advantage or good purpoſe be expected from it; therefore it is much better let alone.

A DIFFICULTY of breathing, with ſtuffing and oppreſſion at the breaſt, with or without a cough, makes bleeding neceſſary, and from which great relief is commonly found. Thoſe who are liable to difficult breathing, a cough, or ſtuffing at other times, will often have them increaſed at this time, and ſometimes require bleeding more than once.

IF heat, thirſt, feveriſhneſs, or reſtleſſneſs, particularly at night and in bed, ſingly or all together, accompany the abovenamed ſymptoms, the propriety of bleeding will be more fully aſcertained.

muſt be ſuppoſed to reſume their former ſtate, nearly, before another pregnancy, the ſymptoms and effects in future may become gradually reconciled and ſubdued by habitude and repetition: the ſypathetic affections of nauſea, ſickneſs, &c. more eſpecially.

SICKNESS

SICKNESS, AND HEARTBURN.

THESE are complaints which frequently come on very early in pregnancy, and are very troublesome and teazing. The *ſickneſs* commonly abates about the third or fourth month; although it ſometimes continues longer; and now and then it comes on, at intervals, during the whole time of pregnancy: it is generally moſt troubleſome in the morning, either on firſt waking, or immediately on or ſoon after getting up.

NOTHING that has yet been diſcovered ſeems to relieve or abate the ſickneſs much for the firſt two, three, or four months; which is conſidered as the time of breeding: but if it ſhould continue, or return, after that period, the following preparation will ſometimes greatly relieve it.

The Acid Mixture.

No. 4. TAKE, of *loaf ſugar*, an ounce and half; put it into a quart bottle of *ſpring water*; when the ſugar is diſſolved, put in two teaſpoonſful of the *acid elixir of vitriol*, and ſhake the bottle well. A tea-cupful of this may be taken twice a day, at leaſt, in the middle of the forenoon and afternoon, or when the ſtomach is moſt empty. It is very palatable; and may be made

made to ſuit the taſte, by increaſing or diminiſhing the quantity of the ſugar, at pleaſure. If it agrees, relief will be found from it before the bottle is finiſhed; when it may be repeated, and continued as long as benefit is obtained, or until the ſtomach becomes ſettled.

If there is a coſtiveneſs, it muſt be relieved by the means proper for that purpoſe, immediately following; as keeping the body moderately open, affords more relief than any other means.

The *heartburn*, and a *ſourneſs* upon the ſtomach, often accompany the ſickneſs, and are very ſubject to continue, at times, during the whole pregnancy, *Magneſia* is a favourite and very ſuitable medicine for them, and generally affords a preſent relief. *Coſtiveneſs* will always add to them, and therefore ought to be guarded againſt. The *acid mixture*, No. 4. juſt now mentioned, will ſometimes relieve them, as the cauſes of ſickneſs and heartburn are nearly allied.

These ſymptoms, of *ſickneſs* and *heartburn*, are, like thoſe pains of the head and back juſt mentioned, *commonly* more troubleſome and tedious of the firſt child, than of the ſecond, or others afterward; and when pregnancy takes place during the time of giving ſuck, they are rarely felt at all.

COSTIVENESS.

COSTIVENESS.

A *coſtiveneſs* is very common in pregnancy; and although it may happen at all times of it, yet is moſt uſual and ſtubborn at the latter part. It ought conſtantly to be guarded againſt, and may often be removed and prevented by the diet; and any thing which, in the diet, is found to be looſening, may be often taken.—*Vegetables*, and ripe fruits of all kinds, where they agree, are very ſuitable for the purpoſe; but ought not to be indulged in ſo as to produce, what may be called, a looſeneſs. *Figs*, *raiſins*, *prunes*, and other *foreign dried fruits*, will ſometimes anſwer the intention, and are very ſuitable. *French plumbs* are particularly eligible.

If an attention to the diet ſhould not anſwer the intended purpoſe, recourſe muſt be had to medicine.—*Lenitive Electuary*, when it will have the deſired effect, is as proper as any thing; but it is ſeldom effectual enough. *Magneſia* will ſometimes anſwer, although but ſeldom.—The *liquor* which is obtained by infuſing, or boiling, of *ſenna* and *prunes* in water, will generally be found very effectual, and is far from being unpleaſant.—*Caſtor oil*, with thoſe who can take it, anſwers very well; it ſeldom gripes: from half a tableſpoonful to a tableſpoonful or more, may be

be taken for a doſe: the moſt eaſy and agreeable method of taking it, ſeems to be; to put it into a cup or glaſs of water, and ſwallow it in the manner of a raw egg.—*Rhubarb* is improper, as it leaves the body as coſtive, or more ſo, than before.

CRAMP.

THE cramp is not an uncommon attendant on pregnancy, and will attack thoſe at this time who ſeldom or never have it at any other. It ſeldom comes on before the fourth month, and is moſt common at the latter parts. It moſt frequently attacks in the night, in bed, in the legs; ſometimes in the thighs, hips and belly.

GETTING up and ſtanding barefoot on the cold hearth, is a common remedy, and, ſo far as I have obſerved, not an unſafe one. In caſe of coſtiveneſs, keeping the body open will frequently mitigate it; as alſo bleeding, when it is ſevere and frequent. It will oftentimes be rendered more ſevere by unuſual exerciſe or fatigue. If, inſtead of the uſual way of rubbing the cramped part with the hand, the part is ſtrongly preſſed or graſped with the fingers and hands, more preſent and temporary relief will be had.

DIET.

It is of no little confequence to pay a regard to the *diet* during pregnancy; as the advantages, to be derived from fuch an attention, will repay the trouble (if it may be fo called) of it. Thofe who propofe nurfing their children themfelves, will be particularly benefited by it, as it will be a means of promoting and increafing the quantity of their fuck; and the fuck will be more likely to agree much better with the children; the children will be more likely to be healthy and free from complaints, and thrive well: and, laftly, they may reafonably propofe to themfelves a better and more fpeedy recovery from lying-in, free from fevers and feverifh complaints, alfo gathered breafts, &c. &c.: for the diet upon this occafion may, as in the fmall-pox, be confidered as a proper and neceffary preparation, and is nearly, if not fully, as advantageous in this as in the preparation for the fmall-pox. (*See child-bed fever, and gathered breafts.*

No particular rule or form of diet can be fixed upon or invariably purfued; as different conftitutions, habits, and manner of living, will always require and call for fome variety: however, what in general ought to be, and may be, upon

upon all occaſions obſerved, is; a *ſimplicity* in the diet; which conſiſts in, avoiding ſtrong, rich food, as, made diſhes, or food of any kind that is naturally ſtrong and heating, or rendered ſo artificially by ſpices, high ſeaſoning, and other heating things: alſo ſalted and dried meats, as ham, tongue, &c. which are unuſually improper to be much indulged in. Wine, and other heating liquors, ought to be ſparingly indulged in; and the quantity which has been uſually taken, ought to be leſſened, rather than increaſed. A diet that is light and eaſy of digeſtion, and which is chiefly compoſed of vegetables, is moſt ſuitable.

The appetite will oftentimes call for many things that ſeem inconſiſtent, unſuitable and out of the way, and which there ſeldom is any harm in gratifying, in a limited degree; yet that ſeldom continues beyond what is commonly underſtood by the period of *breeding*; however, when it does exceed that time, there can be no harm in complying, in ſome meaſure, with what may be ſuppoſed the dictates of nature; although theſe fancies may be indulged to too great an exceſs, and ought *always* to be reſtrained, rather than encouraged, eſpecially when they ſeem very much out of the way. A loathing and diſlike of many things will frequently happen, and there never can be a neceſſity to force any thing ſo directly againſt the appetite,

The benefits attending a *ſimplicity* of diet are very fully diſplayed in country women, who enjoy good health themſelves, and have the comfort and ſatisfaction of diſpenſing that invaluable bleſſing to their offspring;—the beſt gift that can be beſtowed by a parent!—and which parents of this claſs are indebted for to this *ſimplicity*, which their ſtations and ſituations impoſe upon them; aided by exerciſe and pure air, to be immediately ſpoken of.

To conceive a proper idea therefore of conducting the diet upon this occaſion, the *farm-houſe* may not be improperly conſulted and attended to; and which may in part, and as far as cuſtom, habit, conſtitution, and other circumſtances, will admit of, be copied and imitated to ſingular advantage,

In mentioning the diet of a hired wet-nurſe, page 144, it is there obſerved, that *butter-milk* and *cheeſe-whey* are conducive to ſuck. They may be both taken to advantage at this time, if they are liked and agree; and in ſuch quantities as are agreeable to the perſon who takes them, and are found to agree with the health. Their uſe is, at this time, attended with great advantages; as it may not only diſpoſe the mother to have an increaſed quantity of ſuck for her child; (a deſirable circumſtance if ſhe purpoſes nurſing) but will alſo be a means of preparing her

her for paſſing through her lying-in with greater ſafety to herſelf, free from fever and feveriſh ſymptoms: the child will alſo be materially benefited by it with reſpect to his future health and thriving.

Butter-milk and whey cannot be ſaid to diſagree when they lie eaſy and light upon the ſtomach, and do not occaſion coſtiveneſs (which rarely happens), griping, or looſeneſs, in a conſiderable degree. They both ought to be taken as freſh as poſſible; the whey warm, if ſo liked; and if the butter-milk ſhould be, from its thickneſs or coldneſs, too cold or heavy for the ſtomach, it may be thinned by the mixture of a ſuitable quantity of warm water that has boiled, but which is not ſo hot as to curdle or break it; which will ſometimes make it ſit eaſier upon the ſtomach. Theſe, when they can be had good, are conſidered as articles of luxury by the inhitants of large towns.*

EXERCISE.

* As *cheeſe-whey* may be made equally as well in town as country, the method of preparing it, as it is not generally underſtood, may not be unacceptable to ſome.—Take a piece of runnet or calf's ſtomach (which is commonly to be had of the butchers, who properly prepare it for the purpoſe) of the ſize of a ſhilling, or leſs; put to it a table-ſpoonful or two of cold water, and let them ſtand a few hours, or over night, in a cup. Put new milk upon the fire till it be about blood

warm:

EXERCISE.

Exercise may properly be considered a needful requisite during pregnancy. It gives health, strength and spirits, and will most essentially contribute to, and assist in, an increase of suck; a circumstance the most desirable with those who nurse their children themselves!

The chief objection that has been made to exercise during pregnancy, is, the danger and risque of miscarriages; but which is an opinion by no means well founded; as miscarriages, in general, will be much more prevented than promoted by exercise; for as they happen most frequently with those who are of delicate, nervous

warm: then pour it into a bason, and put to it the water poured clear off from the runnet: keep them in about the same heat for a few minutes, when a separation of the curd and whey will take place; and by cutting or breaking down the curd with a knife or spoon, the whey may be poured from the curd, and may be taken then, as it will be of a proper warmth. The above quantity of runnet, or *steep*, as it is frequently called, will be sufficient for a quart, or more milk; half the quantity for a pint; and so on. If too much *steep* is put in, it gives the whey an unpleasant, acerb taste; if too little, the milk will not break at all. If the milk is either too little or too much heated, the consequences will be the same as when too little or too much *steep* is made use of.

habits,

habits, or who lead ſedentary, inactive lives; and with thoſe of weak conſtitutions; whatever will give ſtrength, and will aſſiſt the conſtitution, will, as certainly, and of courſe, prevent them; and every one knows that exerciſe is one of the firſt and leading requiſites of health and ſtrength, and is always a chief means by which they are to be acquired and preſerved. However, as exerciſe, like every other neceſſary and convenience in life, becomes uſeful or injurious, according as it is managed and directed; ſo ſome caution is requiſite in the direction of it upon this occaſion.

The quality or kind, and quantity and degree, of exerciſe, ought always to be regulated by, and proportioned in a great meaſure to, what the perſon, who is to take it, has been accuſtomed; as, what would be very moderate exerciſe to one perſon, would be exceſſive fatigue to another; and they who are accuſtomed to walk much, or be frequently upon horſeback, will find very little exerciſe in a carriage. The perſon, therefore, who is to uſe the exerciſe, ought to have her choice of the method; as, no doubt, what is her own choice, will not only be accompanied with the moſt pleaſure, but will alſo be done with more eaſe, and to greater advantage. It is the abuſe and miſmanagement of exerciſe that does harm and is to be guarded againſt at

this

this time, and not the judicious uſe of it, which will ever anſwer the beſt and moſt deſirable purpoſes.

The evident advantages and ſuperiority in point of wet-nurſing which the more laborious part of the world (in the country eſpecially) have, depends in a great meaſure upon the free exerciſe they enjoy in the open air; as there are many ladies of good conſtitutions, and no way indolent, who yet, from the very little free exerciſe in the pure and open air conſequent upon a town life, prove very defective in their nurſing, although they may be very deſirous to accompliſh it: and there is little or perhaps no doubt if their ſituations and all circumſtances would admit of a country ſituation, with ſuitable exerciſe (and proper diet) during the greateſt part of their pregnancy, they would be much more able to effect ſo deſirable a purpoſe.

With reſpect to this ſubject, it may be neceſſary only farther to obſerve in general; that exerciſe may be begun with and continued during the whole time of pregnancy, or when, and as long as, it will be acceptable, and can be borne with eaſe and pleaſure. It never ought to be to exceſs, nor accompanied with much hurry and fatigue; and ought to be always proportioned and ſuited to the perſons own diſpoſition for it, and the habitual practice and mode of exerciſing ſhe

ſhe has been accuſtomed to; as exceſſive exerciſe, and ſuch as is unuſual and diſliked, may do more harm than good.

It will of courſe follow, that, walking, or riding on horſeback or in a carriage, may, ſingly, or all by turns, as the fancy and other circumſtances will direct and admit, be practiſed to advantage.---A journey, when it can be conducted with eaſe and pleaſure, can never be more ſeaſonable, and may be taken any time before the ſeventh month; much later than that will hardly be thought prudent.

Horseback exerciſe is well ſuited to this occaſion, eſpecially in the earlier months; and may, with care, be ſafely continued in a more advanced ſtate, A ſteady double horſe is preferable to riding ſingle, being much ſafer and leſs liable to accidents; the motion is more regular and ſuitable; and the poſition more proper: as it is ſo ſafe and eaſy, it may be continued to any advanced period of pregnancy, as it is found to agree. An open carriage (accidents guarded againſt) is very ſuitable.

It is ſcarcely neceſſary to obſerve that the degrees of exerciſe ought to be leſſened and confined in proportion as the pregnancy advances; as, what would be an agreeable and ſalutary recreation in the third or fourth month, will, in general, be found an unpleaſant fatigue in the

ſeventh or eighth. The ſeventh month is as long as, perhaps, the more laborious and fatiguing exerciſes ought ever to be continued: and every good purpoſe to the conſtitution, both preſent and future, that is to be had, will be obtained at, or before, that period, provided the exerciſes are ſuffered to commence early enough; and the earlier they commence, the more deſirable they will become, and the better and longer they will be borne.

The inhabitants of towns ſuffer moſt from the want of ſuitable exerciſe and air, as well from habit as neceſſity. When proper exerciſe cannot be had out of doors, it ſhould be uſed within. We have not only to look at the poorer claſs in towns, but at women ſervants, who ſeldom want health and ſtrength when they come to be in a pregnant ſtate, nor ſcarce ever fail of having plenty of ſuck afterward; from which it is clear, to demonſtration, that exerciſe contributes moſt eſſentially to health, ſtrength, and every benefit, and may be obtained, to conſiderable advantage, even within doors. It has been but too prevailing an opinion, that a woman in this ſituation ought not to aſſiſt in any domeſtic active employment, for fear of miſcarriage or other unfavourable conſequences, but which is refuted by a reference to the lower claſſes, where the moſt laborious exerciſes will be endured throughout the whole of

of pregnancy without injury. But although there may be employments within doors that from their nature or excefs may lead to accidents; yet, where there is a choice, thefe may be avoided; and many active domeftic offices may be practiced daily and regularly, without the fmalleft rifk.

As indulgence and confinement beget a diflike and inability for motion, fo thofe ladies who do not exercife fufficiently in their firft or fecond pregnancy, often acquire fuch a habit of confinement as they cannot be prevailed upon to relinquifh hereafter, and real inability, from want of health, ftrength and fpirits, fucceeds: all former health, bloom and vivacity vanifh, perhaps never to return; and the once animated and beautiful woman is loft in the fickly valetudinarian, who, inftead of contributing largely to the pleafure and comfort of her family, becomes a caufe of anxiety and diftrefs to them, and a burden to herfelf. It is not I allow from confinement in pregnancy only, that thefe unpleafing confequences enfue, but that they originate there, and are farther confirmed in and after lying-in by the indulgences and confinement which there fucceed; for if there is diflike or inability for motion and exercife before delivery, they will almoft certainly continue or increafe afterward. It becomes therefore of much importance to guard fcrupu-

louſly and early againſt what, if once eſtabliſhed, may become ſo extremely difficult to obviate.

FARTHER to promote the benefits from exercife, the diet, as abovementioned, muſt be duly attended to.

As nothing tends more to enervate and relax the body than ſoft and too warm beds, and cloſe and warm bed rooms, they ought ſtudiouſly to be avoided at this time. A mattreſs is highly preferable to a feather bed, either alone or over the feather bed. The room ſhould be as large and airy as may be; not over a kitchen or other hot place, even in winter, the heat ſo obtained being unwholſome; nor heated by a fire or any other cauſe: all which will of courſe be avoided as undeſirable, where improper indulgences have not been previouſly practiſed: but as indulgences have been thought neceſſary at this time, they are often adopted more as a matter of advantage and propriety than from choice.

IT often happens of a ſecond or future pregnancy, that an uneaſineſs or wearineſs towards the latter months will come on at ſome part of the day, when out of bed, which will be very properly relieved by lying down upon a couch or a bed, for a ſhorter or longer time, and as often, as may be found neceſſary.

FINALLY; as preſent and future good health, and the accompliſhment of the firſt of the mater-

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nal duties, are found to be moſt complete and perfect in thoſe ſituations where exerciſe is neceſſarily uſed, there needs no farther arguments to elucidate the propriety of the voluntary uſe of it in ſituations where ſuch neceſſity does not exiſt.

COLD BATHING.

Cold Bathing anſwers moſt of the good purpoſes of exerciſe; and when exerciſe cannot commodiouſly be complied with, it will be a good and deſirable ſubſtitute, when the ſeaſon of the year will admit of it, and there is the convenience of a ſituation near the ſea, or a bath of freſh water. When neither of theſe are to be obtained, a tub with cold water will anſwer the purpoſe equally well.

The bathing may be begun with as ſoon after the pregnancy is diſcovered as is convenient; and may be continued till the ſixth, or ſeventh month, at intervals, and as it agrees. Three or four times in the courſe of a fortnight is as often as will in general be needful, although it may frequently be practiſed oftener with great ſafety, and to advantage.

Cold bathing, like exerciſe, aſſiſts greatly in promoting ſuck, generally gives ſtrength and ſpirits,

ſpirits, and is admirably calculated to prevent miſcarriages with thoſe of ſedentary, inactive lives; or who are weak, delicate, or nervous, from any cauſe, and ſubject to miſcarriages. They who are ſtrong and healthy, and uſe exerciſe, will not often be benefited by it, as they ſeldom ſtand in need of ſuch like aſſiſtance.

It cannot always be practiſed with perfect ſafety by thoſe who have an habitual cough and pain in the ſide, and thoſe who are conſumptive or ſo inclined: however, it ought not to be ventured on in theſe caſes without proper advice.

The advantages attending cold bathing are derived from its ſtrengthening and bracing qualities; whereby, a delicate or weak conſtitution is aſſiſted and reſtored to a more perfect ſtate of health, and by which it is enabled to perform and go through with the taſk and duty impoſed upon it, more completely and perfectly.—Delicate perſons therefore will do well not to omit cold bathing at this time.

The ſummer months that are thought warm enough for bathing, are few, and conſequently bathing in the ſea, or in a freſh ſpring, cannot, very often, be done at a time when it may be required. However, that inconvenience may be remedied with great ſafety, by a tub of water, which may be uſed in the houſe, even by the bed-ſide if neceſſary; and, if the ſeaſon is rigorous,

ous, it may be a little aired by putting a kettle, or two, full of hot water into it for a few times at firſt; but which may be gradually leſſened until it can be borne perfectly cold.

If it be found proper and neceſſary to begin the bathing in the open ſea, or cold bath, late in the ſummer, it may be continued during the ſucceeding cold weather, in the ſame manner, or by means of a tub of water in the houſe, perfectly cold: as the increaſed coldneſs of the water will not be ſenſibly perceived, if the frequent bathing be duly continued.

Oil-case caps, which of late are come much into uſe in bathing, are to be recommended; every good purpoſe is anſwered as well with, as without them; and no advantage can attend wetting the head; on the contrary, wet hair is not only uncomfortable, but alſo may and does frequently occaſion the head-ach, and will be liable to give cold. Theſe objections to wetting the hair becomes ſtill increaſed, when bathing is practiſed in a ſeaſon that is not very warm.

Sea *water*, when it can be conveniently had, is preferable to *freſh water* for the purpoſe.

It may be remarked in general with reſpect to bathing, that when the idea or ſhock of the water impreſſes, and is accompanied with an unuſual terror, it is better avoided until the terror abates; but when it can be accompliſhed, with

but

but a ſlight degree of fear, it need not be avoided.

OF MISCARRIAGES.

THE cauſes of *miſcarriages* may properly be be divided into three in number.

THE *firſt*, and moſt common, is; a weak, relaxed, or delicate habit of body and conſtitution; as proceeding from, or much increaſed by, a ſendentary life without much action or exerciſe.

THE *ſecond* is; fright, with, or without external hurt or injury, as a fall, great fatigue, &c.

THE *third* is; an over fulneſs of blood, which moſtly accompanies a ſtate of high health and a ſtrong conſtitution; but it ſeldom happens from this cauſe alone without the concurrence of the ſecond, or fright, a hurt, a fall, fatigue, &c.

THE moſt frequent cauſe of miſcarriages is, as here obſerved, a weak, relaxed, or delicate habit and conſtitution, the frequent concomitants of a ſedentary, inactive life; ſo, they are found to be the moſt common with thoſe in eaſy circumſtances

ſtances, whoſe ſituations or inclinations do not prompt them to much exerciſe and bodily exertion, eſpecially without doors and in the open air; as no cuſtom or habit tends more to weaken and relax the body, and, of courſe, impair the conſtitution and bring on a train of nervous ſymptoms, than an habitual confinement within doors without the uſe of free exerciſe in the open air. A good conſtitution will ſometimes bear ſuch confinement for a long time without much apparent injury; but a conſtitution that is naturally rather weak or delicate, will always be made more ſo by it.

MISCARRIAGES, from this cauſe, may happen at any period of pregnancy, but are moſt common about the third or fourth month: they often come on ſpontaneouſly, and without any apparent external cauſe, ſuch as, a fright, a fall, &c.; and thoſe who have once had them are ſubject to them afterwards, at or about the ſame period of pregnancy. As this cauſe and occaſion of miſcarriage is a weakneſs of body and conſtitution; whatever will ſtrengthen and reſtore the body to a ſtate of health, will undoubtedly be the likelieſt means of preventing miſcarriage. Theſe ſalutary purpoſes are beſt anſwered by exerciſe, properly conducted (ſee page 358); and, particularly, by cold bathing, as above-named (ſee page 365).

Cold bathing is attended with the moſt happy and deſirable conſequences, and too much cannot be advanced or urged in favour of a remedy that can be ſo eaſily obtained, and which, by experience, is found to have the advantage, and to claim the preference of any other upon this occaſion. Suitable exerciſe, therefore, and cold bathing, are the dependences.*

Bleeding will very ſeldom be required; it may oftentimes do harm, and ſhould not be done except when the occaſions named in page 348

* Confinement, and reſt, were formerly thought eſſential reſquiſites during pregnancy, to prevent miſcarriages; however, that doctrine is now much exploded in thls kingdom; perhaps more ſo than upon the continent; as we are informed the queen of France, during the whole of her firſt pregnancy, was not permitted to ſtir out without being carried in a litter, or by the moſt ſtudied eaſy conveyance, to prevent, no doubt, a miſcarriage.

The modern moſt approved medical writers, of our own country, are unanimous in their recommendation of exerciſe and cold bathing upon this occaſion. Mr. *White*, upon this ſubject, ſays: "I have known ſhort rides on horſeback "repeated daily procure ſucceſs, when total confinement "would not; and have for a great number of years been "ſenſible of the good effects of cold bathing, not only in "preventing miſcarriages, when every other method has "been likely to fail, but other diſorders which are incident "to pregnant women, and generally attendant upon a weak "lax fibre," or frame or conſtitution. *Treatiſe on the Management of pregnant and lying-in Women*, page 68.

particularly

particularly call for it. Bleeding will ſeldom put a ſtop to a miſcarriage when it is coming on.

Rest, and cloſe confinement, are, by ſome, ſtrictly enjoyned, moſt particularly about the time the miſcarriage is expected and uſually happens; but which will not at all prevent it; and the exerciſe and bathing may as ſafely and properly be continued at this time, as at any other.

It ſometimes happens that a miſcarriage threatens, and the ſymptoms afterwards go off, or abate; when, the bathing, and exerciſe, may be properly uſed, and become particularly requiſite to prevent a return of the ſymptoms.

Miscarriages which have here been obſerved to happen from the ſecond cauſe, as a fall, a fright, &c. are not liable to happen at the ſame period upon a future occaſion, without a renewal or repetition of the ſame accident; which no doubt will always be guarded againſt; and no other means of prevention ſeems neceſſary to be here particularly diſtinguiſhed, farther than what has been already obſerved. If the perſon, who has met with ſuch an accident, be of a weak, delicate conſtitution, or ſuch a habit and diſpoſition as above deſcribed, cold bathing, with ſuitable exerciſe, will be the beſt preventives.

The *third*, and laſt, *cauſe* of miſcarriage which has been here noticed, is very rare; and, when it

happens, is with the ſtrong and moſt healthy; and then, moſt commonly, in conſequence of an accident, as a fall, &c. or great hurry and fatigue. In this caſe, bleeding, and avoiding too great exertion or fatigue, will be proper.

When the real ſymptoms and appearances of a miſcarriage are come on, it is oftentimes a difficult matter to prevent it; and if a ſtop is put to it for the preſent, the perſon ſeldom goes to her full time. But the ſymptoms, or ſigns, of miſcarriage are often miſconceived; and what are frequently ſuppoſed to be ſo, are not ſo in reality; which leads to a deception; therefore it will always be proper to make a juſt diſtinction upon this occaſion. before any means are made uſe of.

It is almoſt needleſs to obſerve that when the *real* ſymptoms of miſcarriage are come on, the moſt perfect reſt and compoſure, both of body and mind, are to be obſerved while the ſymptoms continue.

Miscarriages become dangerous, or otherwiſe, according to the circumſtances which attend them. *Thoſe* that happen under the third or fourth month, and which are common at that period with perſons of weak, delicate, &c. habits and conſtitutions, and come on without any other known cauſe, are very rarely attended with danger, and ſeldom require more than a few days

confinement.

confinement. *They* are not often accompanied with much danger before the ſixth month: but, at any period between that and the full time, they are more ſo.—*Miſcarriages* that happen from fright, or any urgent, violent cauſe, are, at all times, to be conſidered as more alarming and dangerous than thoſe which come on without any known cauſe, or a very ſlight one.—A flooding has always been juſtly dreaded: it ſcarcely ever becomes dangerous at, or about, the third or fourth month, although it will then be, ſometimes, what may ſeem great and exceſſive. If it happens to exceſs after that time, particularly after the ſixth month, it becomes alarming, and the moſt ſpeedy aſſiſtance becomes abſolutely neceſſary. If a miſcarriage happens without a flooding, or with only a ſlight and moderate degree of it, the danger is much leſſened and removed at any time or period, and there is ſeldom any at all to be apprehended.

A PROPER degree of confinement to the bed, the room, and the houſe will be needful after a miſcarriage; yet that confinement ought not to be unneceſſarily prolonged and indulged, nor heat, nor heating things be made uſe of. The ſooner the benefit of the air can ſafely be obtained, the better; and the rules and cautions which hereafter are adviſed in lying-in, will be applicable to this occaſion.

REAL

Real miſcarriages, and ſuch as may properly be ſo called, and which are ſuppoſed to happen in the earlier periods of pregnancy eſpecially, do not happen ſo frequently as is imagined; as what are ſuppoſed to be real miſcarriages, are very often falſe conceptions;* but as they are both of the ſame nature and tendency, they require the ſame treatment, as well at the time they happen as for prevention.

Frequent miſcarriages are very ſubject to weaken and injure the conſtitution, and therefore it is of importance to prevent them with thoſe

* *To the Medical Reader.*——Falſe conceptions are moſt frequent and common, as I have obſerved, with thoſe who are of delicate, weak habits; or are ſickly, or unhealthy, from any cauſe: from which, it is highly probable and reaſonable that they happen chiefly, or altogether, in conſequence of a defect, ariſing from a weakneſs, and want of power and ability in the ſyſtem to forward or complete another taſk which was intended or begun; viz. the formation or perfection of the fœtus. I am farther confirmed and ſtrengthened in this opinion, by obſerving, that thoſe who have been ſubject to ſucceſſive falſe conceptions, have, upon bathing, and making uſe of ſuch other means as tended to ſtrengthen the body and conſtitution, eſcaped them, and have afterwards had children.

Therefore, in caſes of falſe conceptions, the ſame means of cold bathing, exerciſe, &c. may be made uſe of, and are moſt likely to ſucceed in preventing them, as have been recommended in miſcarriages ariſing from the firſt cauſe or a weak and delicate habit and conſtitution.

who

who are ſubject to them; and which will be beſt effected by cold bathing, ſuitable exerciſe and air, and proper diet, as they have been ſeverally recommended in the pregnant ſtate; the moſt frequent cauſe being a delicacy of conſtitution from improper indulgences, which can only be removed by better attention to what concerns the general health.

If the Nipples are waſhed with brandy, every night at bed-time, for a month or two before delivery, it may be a means of preventing a troubleſome ſoarneſs, to which they are very frequently liable, upon giving ſuck.

In noticing the difficulty that often attends inducing children to take the breaſt, page 124, among the number of cauſes there aſſigned, the *nipples*, from their *unfavourable ſhape*, is obſerved to be the moſt common. This obſtacle, of *unfavourable nipples*, preſents itſelf moſt frequently with thoſe in better life, and is rarely met with in the laborious and thoſe in inferior ſtations; depending upon the nanner of wearing and lacing the ſtays; as tight lacing over the breaſts, ſo much practiſed by the former, is the ſole cauſe of it; which not only deſtroys the natural beauty,

ſhape,

ſhape, and proportion of the breaſts and nipples; but depreſſes and flattens the nipples, and ſinks them into the breaſts, ſo much, that they are not without difficulty, and cannot ſometimes be got out at all. Strange! that faſhion ſhould ſo frequently become the enemy of nature, and ever be the bane of health!—Many ladies who are deſirous of ſuckling their children, and have ſuck ſufficient, are prevented doing it by this unfavourable circumſtances of the nipples: no doubt, therefore, was the cauſe of it generally known, parents would more frequently guard againſt it with their daughters at a proper and early period. The breaſts from long and continued compreſſion, are alſo often rendered incapable of performing the office intended them by nature; hence one cauſe of the want of ſuck with thoſe of this deſcription. *See the article Dreſs at the advanced periods of childhood: page* 322.

CAUTIONS IN DRESS.

TIGHT lacing is prejudicial at all periods of pregnancy, but more particularly at the latter parts. A ſupport from the ſtays will no doubt be always requiſite; yet tight lacing is ſeldom borne

borne with eaſe, and may have an injurious tendency.

In the latter months of pregnancy, the cloaths, by their weight, oftentimes give conſiderable uneaſineſs: to remedy which, if a part of them and the pockets are ſewed or otherwiſe faſtened with tapes, &c. to the ſtays or jumps, and the ſtays provided with ſhoulder-ſtraps, ſo that the weight of the whole may chiefly hang or be ſuſpended from the ſhoulders, a deſirable relief will be obtained,

Jumps are moſt commonly worn at this time; yet the *buckles* and *ſtraps*, with which they are faſtened, make them aukward and troubleſome. There are ſome upon a different conſtruction, that are much more commodious. Inſtead of buckles and ſtraps, the fore-parts of the ſtays are made wide enough to pin over the ſtomacher, both at top and bottom, at firſt; and, as the pregnancy advances, they ſtill pin over at top, but to the ſtomacher down the ſides and at the bottom. Theſe foreparts, that pin over and to the ſtomacher, are without bone. The ſtomacher is made in the uſual manner.—The preſent extreme faſhion of the ladies ſtays, which makes the waiſt very ſhort and ſlender, is highly improper for this ſituation; and were ladies to know the injuries they are liable to ſuſtain from it, they would, ſurely at this time, ſacrifice the

transient gratification of a fluctuating fashion to future permanent ease and health.

RULES AND CAUTIONS AFTER DELIVERY, AND IN LYING-IN.

THE treatment of lying-in women has been, till very lately, universally founded upon a general supposition, that from the moment of delivery, and for a certain length of time after, they could not have too frequent and plentiful a supply of warm liquids, cordials, and nourishing food in the form of gruel of different sorts made with spices, with the addition of wine, or spirits; and that an unusual degree of warmth and sweating was to be produced and kept up by these means; and farther supported by the warmth and closeness of the room, close confinement to the bed, and an additional quantity of bed-cloaths. All this was done with a view of supporting and recruiting the strength and spirits, and keeping off cold and its effects. However, these opinions and practises are discovered by experience

experience to be ill founded and erroneous, and to create the very evils they were intended to leſſen and obviate; and their prevailing ſo long cannot perhaps be accounted for more probably than has already been attempted, page 344.

The impropriety and diſadvantage of this warm and heating method of treatment, depends chiefly upon the following circumſtance.

There is, from the time of delivery, a conſtant, particular, and natural propenſity and diſpoſition to fever and feveriſh heat and ſymptoms, which gradually increaſes the firſt three or four days; and more danger is to be apprehended from this fever, (ſee child-bed fever) and its conſequences, than any, or all, the other complaints which are liable to happen at this time. Whatever will add to the heat of the body, will increaſe and alſo prolong this fever; and which nothing is more calculated to do than wine, ſpices, cordials, and liquids of all kinds taken hot; with an unuſual warmth of the bed and cloſeneſs of the room. A perſon, of either ſex, in the higheſt health, if placed in ſuch a ſituation, and under ſuch a regimen, would moſt likely have a temporary artificial fever brought on by it: it is very eaſy to conceive, then, how much the fever and all its conſequences will be promoted and aggravated by ſuch treatment, in a

 ſituation

ſituation where the is a natural inclination to fever.

A *coldneſs* and *ſhiverings* very commonly accompany all feveriſh complaints, and are of courſe very common at this time; which may have led to the notion of warmth and warm things being proper by way of preventing them, and removing them when preſent: but this is a falſe and miſtaken opinion; for whatever brings on the fever, may be ſaid to bring on the ſhiverings alſo; as the ſhiverings will not come on, if the fever is kept off: and when the ſhiverings are actually preſent, the moſt heating things will not ſhorten or abate them, in ſuch a manner as to be productive of any good; and no more than a moderate warmth ſhould ever be employed, or is ever requiſite, for that purpoſe.

THE *ſweating* which is brought on by this warm treatment, has alſo been ſuppoſed neceſſary to prevent, or carry off, any degree of the fever, and to prevent the ſhiverings; but which is a notion as fallacious as the other; as it not only ſerves, when in exceſs, or long continued, to ſupport and increaſe the fever, but, alſo, renders the fever, by prolonging it, much more dangerous and tedious, and exhauſts the ſtrength and ſpirits.

THOSE who lie-in are ſenſible how liable they

are

are to be overheated by the moſt trifling additional heat of the room or bed, or by taking any thing warm; at which time they feel very uncomfortable and uneaſy to themſelves; often have the head-ach; and perceive a faintneſs, wearineſs, and depreſſiion of ſpirits; all which continue, and are increaſed, according as the heat and heating things are repeated; and are the ſymptoms of the feveriſh complaint here mentioned.—On the contrary, they who are never ſuffered to be overheated by the warmth of the bed, room, or what they take, ſeldom or never experience theſe diſagreeable ſenſations, but feel, comfortable and eaſy to themſelves, and find their ſtrength and ſpirits increaſe apace; all which deſirable circumſtances, with many others, are entirely effected by ſubduing and keeping off this feveriſhneſs by cool treatment.

The public has lately been favoured with ſome publications upon the advantages attending this cool treatment of lying-in women, and one in particular by Mr. *White* of *Mancheſter*;* a performance that does the author great credit. They are all addreſſed to the faculty, therefore not calculated to find their way, or become very general, in private uſe.

There is great reaſon to believe that this

* The author formerly quoted.

improved

improved method of treating lying-in women had its origin at *Edinburgh*, and was at firſt diſcovered, as many of the moſt important diſcoveries are, by accident. Dr. *Young*, profeſſor of midwifery in that *Univerſity*, appears to have the merit of firſt obſerving and propagating it, as ſeems probable from the following circumſtances.

There is a long, ſpacious, lofty room (called a ward) in the *Infirmary* at *Edinburgh*, not much connected with the reſt of the houſe, and ſet apart for the reception of poor women for the purpoſe of lying-in, particularly in the winter ſeaſon, under the direction of Dr. *Young*.* The room is entered, by folding doors, at one end; and the fire place is placed exactly oppoſite, at the other end; the beds, about ten or twelve in number, are ranged at a good diſtance from each other, down each ſide of the room; by which means, as the door is generally left open. even in the winter, the air is freely admitted and paſſes in a current conſtantly through the room, which the beds, from their ſituation, partake of nearly all alike. The women's diet is, as may be ſuppoſed, plain and ſimple. As a good many

* The loſs which this department of medicine in the *Edinburgh College* has ſince ſuſtained by Dr. *Young*'s death, would have been conſiderably felt had it not been ſo effectually ſupplied by the very able ſucceeding Profeſſor, Dr. *Hamilton*.

women

women are admitted every ſeaſon, they are ſeldom permitted to ſtay longer than there is a neceſſity for; ſo that at, or about, the end of the fortnight after delivery, is the time they uſually go away; when it is common for them to take their children and *walk* to their reſpective homes, perfectly recovered.

Should it be ſuppoſed that the people, eſpecially of the poorer ſort of that part of the kingdom, are, from a native hardineſs, more capable of enduring hardſhip than the Engliſh conſtitutions; it may be obſerved; that the indulgences and manner of living of the inhabitants of Edinburgh is much ſimilar to that of other large towns in the more ſouthern parts of the kingdom; where many poor women, from confinement and other cauſes conſequent upon having a number of children, are very delicate; and many of the women admitted there, were, as I frequently obſerved, of weak and delicate conſtitutions. I have alſo conſtantly obſerved elſewhere, and ſince I had an opportunity of attending the practice in that place, that weak and delicate conſtitutions are moſt ſenſibly benefited by a cool treatment, and that heat, or heating things, ſicken and diſagree with them much more apparently than with thoſe of ſtronger conſtitutions.

The doctor obſerving theſe women recover ſo much

much better, and more readily, than thoſe in his private practice (a great many of which latter were of high rank and nobility), was led to ſuppoſe it muſt chiefly depend upon the free admiſſion of air, and cool treatment; and was thereupon induced to try that method in his private practice; and he found it anſwer his wiſhes. The opportunities he had, as public profeſſor in the Univerſity, of diſcloſing this important diſcovery, enabled him to publiſh it to the world, confirmed to them by practice; and it has made a progreſs as quick as any thing ſo novel, and oppoſite to an old eſtabliſhed cuſtom, generally does. It is a method I adopted from this authority, and which I have invariably recommended and purſued with ſuch improvements as experience has directed, during many years, with the moſt complete ſucceſs, and without the loſs of a ſingle patient in the month, or in lying-in.

The following rules and directions are ſuch as experience warrants me to recommend, and as will be found to agree with all conſtitutions, ranks, and ſituations in life, with a very little variation; and which nothing but ſome *very uncommon circumſtance* need ever prevent the *complete* practice of.

It is an univerſal cuſtom, immediately after delivery, to give ſomething *cordial*; and, for that

that purpose, *spirits*, as brandy, rum, &c. not diluted, or very little so, with water, frequently with grated nutmeg in them, are given. This practice has obtained the sanction of long and antient custom, and is founded upon the prevailing notion, *of keeping out cold by heating things.* Something, no doubt, is necessary, after the fatigue of labour, to restore the exhausted strength and spirits; yet as *raw spirituos liquors* are, to a great many, highly disagreeable, and, with those that are unaccustomed to them, may produce a temporary intoxication, with great heat, pain in the head, &c. they are much better entirely omitted at this time; except when they are prefered through choice; and then it will be adviseable to mix them with, at least, one half, or two parts, water. *Wine*, when it is liked and is agreeable, is to be prefered to all other *cordials* upon this occasion; and a glass or teacupful of foreign wine, as maderia, &c. will be very proper, and may be taken singly, or mixed with water, moderately warm, in the manner of negus; or it may be taken in a little gruel. But when spirits and wines of all sorts are disagreeable or unpleasant, there is no necessity for forcing any thing of the kind against the inclination; and a little gruel only, of such kind as is most agreeable, and without *spices*, moderately warm, may be taken in lieu of them.

A *ſhivering*, or rather *trembling*, often comes on at this juncture, which, as it is occaſioned by the agitation and fatigue of labour, will very ſoon ſubſide by reſt, and by beeping ſtill and quiet; the cordials were, alſo, given with a miſtaken notion of preventing this trembling.

If, as it ſometimes happens, (eſpecially after a haſty delivery) that the mother's legs or feet are cold; or if ſhe is ſenſible of being rather chilly or not comfortably warm; it will be better to procure warmth by wrapping her legs and feet in a flannel petticoat, or ſomething of the ſort, than by heaping an unuſual a quantity of cloaths upon the bed, or by taking any thing hot or heating; as, by the latter means, more heat may be obtained than is neceſſary and proper, or than can be eaſily ſubdued. This method and caution will, upon the like occaſion, be proper to be attended to during the whole time of lying-in.

A fatigue of body, and an agitation and exhauſtion of ſpirits, always, more or leſs, attend and ſucceed labour: it is therefore very neceſſary, as well as comfortable to the mother, at this time, to lie ſtill and quiet, without being moved at all, or ſcarcely ſpoken to or any otherwiſe diſturbed by thoſe about her, for half an hour, or an hour, or until ſhe is perfectly ſettled and compoſed: half an hour ſeems the ſhorteſt ſpace

ſpace that ſhould ever be given. After this, and when ſhe is properly adjuſted and ſettled in bed, ſhe may as ſoon as it is agreeable to her, have a little gruel, without wine, nutmeg, or ſpices of any kind, either boiled along with it, or added afterwards. The gruels which are moſt in uſe upon this occaſion, are thoſe made with *oatmeal*, *groats*, and *barley*; any of which are very proper; but *barley*, where it is liked, is to be prefered, as it is more cooling and opening than the others. *Scotch barley*, as it is called, is better than pearl or french barley, to which it is a degree coarſer; and when it is well boiled in water, with the addition of a very few currants put in towards the end of the boiling, and made agreeable to the taſte with a little ſugar or ſalt, it makes a palatable, wholeſome, and ſuitable food.

SPICES, *brandy*, or *ſpirits*, and *wine*, of any ſort or kind, ſhould all in general be rejected, and ought to have no place at all in any part of the food or drink: none of them are eſſentially requiſite, and any of them may do a great deal of harm, at this juncture; if any thing of the kind can be excepted in this general prohibition, a ſmall quantity of *wine* may, with thoſe who have been *daily* accuſtomed to uſe a little; but they ought to be careful, whether they chooſe to take it ſeparately, with water, or

mixed in the gruel, to go *under*, rather than *exceed*, their uſual quantity, at this time, and for the firſt three or four days: but if they can do entirely without it, the better; and thoſe eſpecially who are ſeldom, or not at all accuſtomed to it, *may be aſſured* that they will recover their ſtrength and ſpirits, and find themſelves much better, *entirely without it.*

Caudle, as it is commonly made with ſpices and brandy, is the moſt unſuitable food that ever has or, it is to be hoped, ever will be deviſed for this purpoſe; but it appears conſonant and of a piece with the general warm and heating method and notion above-mentioned.

A CAUTION very proper to be attended to in taking food and drink, is, never to take them *hot*, nor more than *moderately warm*; as liquids and ſpoon-meats, when taken but moderately warm, are apt to excite and diffuſe a more than uſual degree of heat over the whole body.

A *ſlight thirſt* is very common; but it is ſeldom that any drink is required when the gruel, prepared as here named, is taken; as it anſwers the purpoſes of both food and drink; and ſeldom fails of moderating and quenching a thirſt.

THE next circumſtance that claims our immediate attention, is, the degree of *warmth* proper for the mother to be kept in at this time. When ſhe is ſettled in bed, and has ſomething warm given

given her, ſhe very commonly has a glow of heat, frequently accompanied with ſweating; and if the warm food or drink is repeated, the curtains cloſe drawn, and the room cloſe ſhut up with a fire in it, with an additional quantity of bed-cloaths, as is often the caſe, the heat and ſweating will be increaſed, and will moſt likely continue as long as theſe means are purſued: but this heat and ſweating ought by all means to be guarded againſt and prevented, as the ſweating, ſo commonly looked for and encouraged, is not in the leaſt neceſſary, in any degree, either at this, or any other period of lying-in: but if a gentle ſweat ſhould break out at this particular time, as it very commonly does, it muſt not be haſtily ſtopped, nor ought it to be encourged, but ſuffered to go off gradually, which it commonly will do in the courſe of an hour or two.

The means to be taken for regulating and governing this degree of heat, depends altogether upon the quality of the food and drink, the warmth of the room, and the quantity of the bed-cloaths; therefore, as particular rules cannot be exactly laid down and adapted to all ſituations, ſeaſons, conſtitutions, and circumſtances, it will be very ſufficient to obſerve in general terms; that the mother, from the time of her delivery, ought to keep herſelf as near as ſhe poſſibly can of ſuch a warmth as, and no warmer than, ſhe has

been

been accuſtomed to at any other time when in bed, and as is now moſt comfortable and agreeable to herſelf; and always to avoid ſo much heat (even if it ſhould happen to be deſirable to her) as may aſſiſt in bringing on, or keeping up, exceſſive or long continued ſweatings. For this purpoſe, it will be proper, carefully to obſerve, that ſhe never takes her gruel, nor other ſpoon-meat, nor drink, warmer than ſhe is capable of drinking off with eaſe: that ſhe has no more cloaths upon the bed than ſhe is uſually accuſtomed to at that ſeaſon of the year: that her room be temperate, and not warmer than ſhe has been accuſtomed to, or than is quite agreeable to herſelf; and that any cauſe, that may over-heat the room, be removed; if it ſhould happen from a fire, that may be leſſened, or taken away, even if in the depth of winter; and in warm weather and in the ſummer ſeaſon a fire is always much better entirely omitted. It will often be found needful to undraw the curtains and ſet open the door, and even a window in hot weather, for air, in the day time; all which may be done with ſafety, and to great advantage, if the room cannot be made comfortably cool without, and provided that care is taken that a draught or current of air is not ſuffered to to come directly upon the head of the bed.

SHE

She ought to be kept *ſtill* and *quiet*, and from company and viſitors; and avoid much talking which often proves very fatiguing, notwithſtanding there may be a deſire and ſeeming ſtrength and ability for it; when, perhaps a little ſleep may be got, which will be found very refreſhing.

Nothing more properly and effectually allays overheat and proves more refreſhing, at this time, than *ſitting up in bed*; and which, when the ſtrength and ſpirits will allow of it, may very properly be done once, at leaſt, in the courſe of the firſt day, eſpecially if ſhe thinks herſelf inclined to be more than commonly and comfortably warm; and if ſhe even does not ſeem likely to be of more than an uſual heat, ſitting up in bed will be a great means of avoiding the riſque of it.

A fatigue of body, and agitation and exhauſtion of ſpirits, conſtantly, as has been obſerved, ſucceed labour; and therefore a ſtate of the moſt perfect reſt and quiet becomes eſſentially neceſſary, for a certain time; there would be no impropriety in extending this time to, or even in its exceeding, the firſt day, if overheat, and the riſque of overheat, could be avoided in ſo doing; but which they ſeldom can be. The body and ſpirits will recover from the fatigue they have undergone,

undergone, and will be reſtored much ſooner by keeping moderately cool, or temperate, than by warmth or unuſual heat: heat, ſo far from being a means of affording ſtrength and ſpirits, prevents them; and not only ſo, but it adds to the weakneſs of the body and depreſſion of ſpirits, as is clearly and certainly diſcovered by thoſe in this ſituation, who, when they are, from the heat of the bed and room, more than ordinarily, and for a continued length of time, heated, or more than agreeably warm, will conſtantly diſcover more or leſs of a wearineſs, a ſenſe of weakneſs, oppreſſion and want of ſtrength and exertion, and a lowneſs and ſinking of ſpirits; all which continue and increaſe in proportion as the heat is promoted; and which will be as certainly relieved, or totally removed, by reſtoring and reducing the body to a more natural and comfortable ſtate and degree of warmth; and which, *ſitting up in bed*, as a means in conjunction with others here pointed out, is deſirable and eligible, and well ſuited to promote that intention.

There is no occaſion for ſitting long at a time; however, ſhe may do it as longs as, but no longer than, ſhe ſeems at eaſe, and is comfortable; and the moment ſhe perceives herſelf fatigued, ſhe may and ought to lie down. A

bed-

bed-chair, when it can conveniently be had, will be found very commodious at this time; as it will not only ſupport the body better, but will alſo be more ſuitable and proper than pillows, or any thing of the like kind that will heat the body.

THE time when ſhe is to ſit up in bed, muſt vary according to circumſtances; if nothing particular and uncommon happens, and if her fatigue of body and ſpirits have not been much more than uſually great, ſhe very likely will be able to effect it, with eaſe in about ſix hours after her delivery. If a ſweating ſhould interfere, there will, generally, be opportunity, in the courſe of that time, to check it ſufficiently to make ſitting up in bed ſafe. Any difficulty in the preceding labour, ſhould be no cauſe to avoid attempting theſe and future exertions.

THE chief obſtacle and hinderance that will, in general, prevent early ſitting up in bed is, a pain, aching, or weakneſs in the back or hips, which ſome have after delivery: however, even in this caſe, attempts ought to be made to accompliſh ſo deſirable a purpoſe; when, if the ſitting up, or being partially ſupported, in bed, cannot be borne with tolerable eaſe, it muſt be declined for the preſent, but reſumed and again attempted as ſoon as there appears to be a proſpect of its being done with eaſe. *After-pains*

may be ſo violent as to deter many from attempting ſitting up; yet ought to be no obſtacle to making the attempt ſometime in the courſe of the firſt day; and which may be done and repeated, or declined, according as it ſeems to agree.

A *faintiſhneſs*, which may happen from various cauſes, may ſeem to forbid ſitting up: yet it will often prove the beſt means for taking off the faintiſhneſs, eſpecially when it is occaſioned, as it often is, in hot weather particularly, by overheat, or when it happens from any other cauſe than a flooding.

RESPECTING ſitting up in bed, it may generally be obſerved, that there are many degrees of it: when an erect or upright poſition, or nearly ſo, can be borne, with eaſe, it is to be preferred; when it cannot, it muſt be ſloping and reclining, to be managed by the bed chair, or other convenience employed for the purpoſe, and directed by the patient's own deſire and ability to comply with it. If no degree of ſitting up in bed can be borne, ſhe may be raiſed as much with her head and ſhoulders as can be done conveniently with pillows; which, and keeping her hands and arms out of bed, will ſerve to allay or prevent overheat, and will in general be found a comfortable and agreeable poſition and ſituation. Lying high with the head, and keeping the hands and arms

out

out of bed, are adviſeable at all times, and are attended with other advantages beſides thoſe of allaying and preventing heat.

ALTHOUGH it will be prudent and adviſeable to keep the bed and room more cloſe in the night than in the day-time; yet, even then, a fire, or a weight of cloaths upon the bed, ought to be regulated ſo as to keep the mother of ſuch a warmth as is moſt agreeable and comfortable to herſelf, and no warmer. On this account, it will be much better for her to ſleep alone, for the firſt three or four nights eſpecially: as nothing will be more likely to overheat her than the nurſe, or any other perſon being in bed with her.

THE ſize and ſituation of the room are objects worth attending to. The larger and loftier the room, in all ſeaſons, the better; and if, in hot weather, the ſun does not come much upon it, the more deſirable. However, the ſeaſon muſt be uncommonly hot if a large room cannot be kept tolerably cool, by keeping open the door, and one or more of the windows in the day, even though the ſun ſhould come full upon it. The advantage of a large and lofty room is, that it can be kept more regularly temperate than a ſmall one, and conſequently will be much more comfortable, ſalubrious, and agreeable; and,

when there is a choice, ought invariably to be preferred.

THEY who are accuſtomed to ſleep upon a *mattreſs*, will find it particularly comfortable at this time, either under, or over, the feather bed; but eſpecially *upon* the bed in warm weather; as it will be found cool, and will prevent ſweating and overheat, which are much promoted and encouraged by a ſoft bed.

IT is the cuſtom with nurſes to urge, and even force upon, the mother at this time more food than is agreeable to her; which is wrong; as ſhe ought not to take it oftener, nor more at once, than is agreeable to her, and ſhe has a deſire for. Therefore her own appetite and call for it ought always to regulate the time and quantity. If more is forced upon her than her appetite requires, ſhe may become ſurfeited and tired with it too ſoon: there is ſeldom any occaſion to force it, as the appetite is commonly rather craving the firſt two or three days; and if a perſon has a natural deſire for as much food as is quite ſufficient, where can the advantage be of forcing more than is ſufficient? Spoon meats (as has juſt been obſerved) when taken warm, diffuſe a heat over the whole body; and therefore the oftener they are taken, the more frequently that heat, which ought ſo ſtudiouſly to be avoided, is

renewed

renewed and increaſed. This forcing of food is one of the errors founded upon the miſtaken notion of the extraordinary neceſſity of warmth and nouriſhing things at this time.

AFTER-PAINS, when they happen, are commonly felt very ſoon after delivery, and often increaſe and become troubleſome during the firſt twelve hours. They are by many diſregarded, from an opinion that they are ſafe, and even advantageous; however, the advantage is by no means to be diſcovered: but when they are ſevere, and return very frequently, they become heating, prevent reſt, and are very painful and teazing; and it becomes very proper to put a ſtop to, and remove them; which can be readily done by a medicine, univerſally known to be applicable to this purpoſe by every perſon in the profeſſion of medicine; but as ſome caution is needful in giving it, it cannot be mentioned here with perfect ſafety. They ſeldom return, ſo urgently, after being removed by the medicine; but which if they ſhould, it may again be repeated with the utmoſt ſafety. When the after-pains are ſo ſlight as not to prevent reſt, it is leſs needful to give any thing for them. When they are ſevere at the beginning, they will often continue without much intermiſſion, for two or three days and nights, except ſomething is given to remove them. They are very well

known

known to be leſs frequent of the firſt child than afterwards.

As ſtrong, hot, and heating things are had recourſe to upon all particular occaſions in lying-in, ſo they are ſeldom forgot upon this occaſion: however, they ſeldom anſwer the purpoſe of ſtilling after-pains; and, as they are injurious on other accounts, they ought to be cautiouſly and ſparingly uſed. Heat will oftener increaſe the pains than mitigate them: and if the mother is more than uſually warm, and the pains frequent and ſevere, ſhe will moſt likely find them leſſened by making herſelf cooler. If heat is ever uſeful, it is ſo in the application of hot dry linen or flannel cloths to the pained part.

We have hitherto been conſidering the *firſt day's** treatment only; from which however may be gathered and diſcovered the baſis and ground-work upon which every future day's proceeding is to be founded.—On the *ſecond day*, the ſame regulation of the food, warmth of the bed and room, &c. muſt be as ſtrictly enjoined as on the preceding day: and ſweating, and any degree of warmth, more than is perfectly comfortable and agreeable, ought to be avoided; as alſo every

* By the *firſt day*, is meant the day on which the delivery happens, including the following night.

means

means which may have a tendency to promote or increaſe them.

It will be proper to have the mother got up on the *ſecond* day;* which will give an opportunity to have the bed made, and ſhe will find herſelf more comfortable, and much refreſhed, by it. She may be permitted, if ſhe is not faintiſh, nor ſeems tired or fatigued, to ſit up a quarter of an hour, or rather more; and if ſhe is a little ſick, or giddy or light-headed, upon firſt getting out of bed, ſhe may have a glaſs of wine, or a little hartſhorn and water, as is moſt agreeable to her: but the hartſhorn is to be preferred.

When ſhe is in bed again, ſhe will, moſt likely, feel more than uſually warm, occaſioned by the exertion and hurry of getting out of, and into, bed; therefore ſhe had better defer taking her gruel, or other food or drink that may heat her, till ſhe be ſettled and compoſed, which ſhe will find herſelf to be much ſooner without, than with taking any thing; although it is very

* This rule will admit of ſome variation; for if the delivery has happened in a morning, it will be adviſeable to get up on the evening of the ſame day; but when it happens late in the day, the ſame evening will be ſooner than can be neceſſary. The evening is the time commonly preferred for getting up, as it diſpoſes and prepares for reſt.

much

much the custom to give food immediately upon getting into bed, and which is done under the same general delusive notion of keeping out cold. However, if it should, as it may, happen, especially in cold weather, that upon getting into bed she feels a slight chill or cold; if her legs and feet are rubbed with a warm hand, and wrapped in a flannel petticoat, or something of the sort, it will be a more eligible means of procuring warmth than by taking any thing hot or heating, or heaping cloaths upon the bed. If the chilliness happens to be more than very slight, she may then take a little gruel moderately warm, without wine, &c. but need not otherwise.

It is also very usual, upon this occasion of getting up the first or second time, to have the room made uncommonly close, and the mother almost smothered with the quantity of bed and other cloaths in which she is folded; which, together with the bustle and dust that necessarily attend making a bed, very often overcome her, and make her very hot, languid, and faint; and are by far the most common causes of faintness and sickness upon this occasion, and will always increase them. Therefore, if, during her sitting up, she seems overcome with heat, she must be made more comfortable to herself, in that respect, by suffering the door to stand open for a certain time;

time; removing ſome part of the cloaths, if needful; and ſcreening her from the fire, &c. &c. all which may, with caution and prudence, be done without any riſque of giving her cold, and will prove very comfortable and refreſhing.

No certain length of time can be fixed upon for ſitting up, upon this, or any other day; but if the following rule is obſerved, it will direct it more certainly and properly than any other. She may always, even at her firſt getting up, ſit up as long as ſhe finds herſelf eaſy and comfortable; but the moment ſhe perceives herſelf the leaſt tired or fatigued, ſhe muſt go to bed immediately; for if ſhe attempts to ſit up longer, her wearineſs and fatigue will be increaſed, and will not even go off readily upon getting into bed; and it is very common for the night's reſt to be greatly interrupted, and ſometimes even entirely prevented, by ſitting up much after the wearineſs and fatigue are come on.

Company, and viſitors, may ſometimes keep her up longer than is agreeable to herſelf; yet, if the extreme of ceremony is ever to be diſpenſed with, this ſituation, as entitled to every indulgence, may juſtly claim an exemption from it; and a hint of retirement may ſurely be given by herſelf, the nurſe, or any other perſon, without being deemed an infringement upon the rules of politeneſs or good manners.

Sitting up in bed once, twice, or oftener, in the courſe of this day, and previous to the getting out of bed, will be attended with the beſt and moſt deſirable effects: it will be a means of preventing or removing any heavineſs or pain in the head; languor; faintiſhneſs; lowneſs of ſpirits; &c. ſo common with many who are confined, for a longer time than uſual, to the bed: it is alſo admirably calculated for preventing or removing profuſe ſweatings, heat, fever, and feveriſh ſymptoms; which, as has been obſerved, are ſo frequent, and are ſo much to be apprehended and guarded againſt, at this time: it even, at this juncture, has the advantage of getting out of bed, as it anſwers moſt of the good purpoſes of the latter, without the fatigue. Independent of the eſſential benefits that are derived from ſitting up in bed, it proves an agreeable relief and variety; as alſo a pleaſing amuſement and ſeaſonable refreſhment.

The ſame caution will be needful on this, as on the preceding day, and indeed ever after: namely, ſhe ought not to ſit longer at a time, nor oftener, than ſhe can do it with tolerable eaſe and pleaſure to herſelf, and without fatigue: for if ſhe does it ſo as to fatigue or tire herſelf much, it will become prejudicial, rather than of benefit: therefore the number and length of times of ſitting up in bed muſt always be regulated by her

ability

ability for peforming them; remembering, that it will be always right to sit as often, and long, as she can do it with ease and pleasure to herself, and no longer.

It must be observed that, during the sitting up in bed, the room must, as at other times, be made comfortably cool; otherwise, little or no benefit will be obtained by it; and this must be done, by setting open a window, the door, or opening the curtains; one, or all of which may be done, as the season of the year, and other circumstances, make it needful.

The room ought not to be washed, even in part, during her entire confinement to it; but which is sometimes unthinkingly done; as nothing is more likely to give cold; and there scarcely ever can be a real necessity for it, as a close confinement to the room need seldom exceed a week. It is of more importance to attend to this circumstance than may be generally imagined: for as there is a regular disposition to fever, this will powerfully assist in bringing on a a rigor or shake, and so produce the true child-bed fever. I have been witness to cases where there was no room to doubt that the child-bed fever was occasioned by the complete washing of the room; and which proved fatal. Even in a case of miscarriage only, I observed it occasion the fever, which was with difficulty removed;

but upon another imprudent washing of the room, the rigor returned, and of course the fever; and which as might be expected in a second attack, proved fatal. The damp and moisture from the wet floor, bring on the rigor or shiverings, and otherwise dispose the body to fever; therefore the passages immediately leading to the room should not be washed, as such damp may be conveyed, more or less, from them into the room.

The *third day's* proceedings are to be regulated by those of two former days. The mother will, on this day, most likely, be able to sit up a while longer than she did the preceding day; and, if nothing particular prevents it, will perhaps sit an hour, or longer, with ease and pleasure; not forgetting the caution of getting into bed as soon as she finds herself in the least tired or fatigued, whenever that happens. If she has an inclination, and finds her strength equal to it, she may take a turn across the room; but if she thinks her strength is not sufficient, and that she is likely to be fatigued by it, it will be better to defer it a day, or two, longer. It is needless to enlarge upon the propriety of sitting up in bed, on this, or on the preceding days. The sooner the common dress is put on, on getting up, the better; as it will afford better support to the body, promote motion, and prevent that over-

heat

heat which ſo generally happens from being folded in the bed-cloaths in an eaſy chair; for although theſe indulgences may be neceſſary at firſt, they ſhould be diſcontinued as early as may be, and the eaſy chair itſelf exchanged by degrees for one that is cooler: for little or no advantage will be odtained by getting up, if the ſituation is as warm or warmer than the bed.

If a proper ſtool has not been had ſince delivery, it ſhould always be procured about the third day. Caſtor oil is by much the moſt ſuitable medicine for the purpoſe (and may be given as directed at page 353), being readier and gentler in its operation than any other. If caſtor oil cannot be taken; from a quarter to half an ounce, or any leſſer or larger quantity, of manna may be taken, and either eaten in its native ſtate (as it is not unpleaſant) or diſſolved in any thing. If no medicine can be taken, a glyſter of half a pint of new milk, with a tableſpoonful of brown ſugar diſſolved in it, may be adminiſtered, milk warm. The ſame means may be purſued at any time hereafter, in caſe of coſtiveneſs.

Towards the end of this, or ſometime in the courſe of the *fourth day*, an uneaſineſs will be felt in the breaſts, which diſcovers the approach of the milk. At this time ſhe will find herſelf inclined to be rather more hot and feveriſh than before, and will very likely have more of a thirſt,

perhaps

perhaps a faintiſhneſs, and pain in the head, with a ſtiffneſs and ſhooting pains in the breaſts; all which happen ſeparately, or unitedly, and in a greater or leſs degree, at all times; and are occaſioned by a degree of inflamation in the breaſts, naturally happening upon the approach of the milk.*

THESE uneaſy and painful ſenſations may be much relieved and abated, by a proper attention to the diet, and the temperature of the room and bed. If ſhe has hitherto taken a little wine in her gruel, or otherways, ſhe ought to abſtain from it entirely at this time, and be kept cool in every reſpect, by the admiſſion of air into the room, and every other means which can be ſafely made uſe of. No opinion can be more erroneous than that of warmth, and warm things, at this time;

* THE latter end of the third or beginning of the fourth day, is the moſt uſual time for the milk to come into the breaſts, ſo as to be diſcovered by drawing; although the breaſts may become ſtiff and ſhoot a little before this time. This approach of the ſuck, however, varies with different perſons: it ſeldom comes ſo early of the firſt child, as of others hereafter; and it will often come on the ſecond day, of the ſecond or future children. The longer the ſuck is of coming, generally the more uneaſineſs it is accompanied with; hence when it comes ſo early as the ſecond day, it is often unaccompanied with uneaſineſs, and commonly comes freely and in a good quantity.

which is like adding fuel to the fire; as they increase every one of the above-named symptoms of fever, pain in the head and breasts, &c. and are the sole cause of, what is called, a milk fever, and the most common cause of gathered breasts.

VERY great attention ought to be paid to the state and situation of the breasts at this time; for by neglect, or which is as bad, or worse, mismanagement, the most troublesome and alarming consequences happen, as, milk fevers, inflamations and painful and tedious gatherings of the breasts; all which, I am fully satisfied, might by totally avoided by due care.

THE means to be taken for preventing these mischiefs, are simple, and such as may be very easily complied with by every one: they are as follow. The diet and cool treatment, as above-named, must be strictly enjoined. As soon as the breasts, by their appearance, may be supposed to contain milk, they must be drawn by the child, or a grown person; and that, two, or three-times a day, at least; by which means they will be kept cool, and easy.*

* THESE and the following rules respecting the state of the breasts and the suck, are given on a supposition that the mother intends to suckle her child; otherwise, an attention will be necessary to the rules hereafter directed for *dispersing the milk of those who do not intend to give such.*

It is not unuſual on the firſt approach of milk in the breaſts to cover them with one or more folds of flannel, under the old idea of keeping out cold, and abating the pain by heat. This practice is highly improper, in all ſeaſons, as ſuch extraordinary warmth is never neceſſary to keep out cold; and, inſtead of relieving the uneaſineſs of the breaſts, by adding conſiderably to the heat there, the pain and inflammation will be increaſed, and the whole body will be thrown into a heat that will be very uncomfortable and highly improper: and whenever the flannels are left off, there will then be danger of taking cold. Much warmth to the breaſts at this time, will make the nipples tender, and occaſion them to be ſore when the child comes to ſuck.

It often happens that the child will take one of the breaſts more freely than the other; by which, the drawing of one breaſt is freequently neglected, until it becomes much ſwelled, hard, and painful; oftentimes with lumps, or a lump in one particular part, which is ſore and painful to the touch. Whenever this happens, it becomes of great importance to have that breaſt well drawn, twice a day at leaſt; and that daily without intermiſſion, while the leaſt ſoarneſs, ſwelling, or hardneſs remain. The drawing of the breaſts is, at this time, commonly attended with ſome pain, eſpecially the firſt and ſecond drawings,

drawings, which prevents and difcourages many from fuffering it to be repeated fo often and fo completely as it ought to be; by which neglect, the breaft gathers: but they who are aware of, or have experienced the pain and trouble of a gathered breaft, would, I dare fay, have very little doubt or hefitation in fubmitting to any, the greateft, pain which can attend the drawing, rather than rifque a gathering; as, drawing is the chief dependence; and, without it, little benefit or relief is to be had.

A BREAST that has formerly gathered, although it fhould not promife to afford much fuck, fhould be drawn, if there appear any fulnefs or fenfe of fulnefs, or uneafinefs, as well to prevent another gathering, as to difcover what quantity of milk it will afford. It is but too common to give up that breaft; yet it is always adrifeable to draw it, as it may afford more fuck than was apprehended; and the future drawing of it may be continued or difcontinued accordingly.

GREAT confidence and dependence are fometimes had in outward applications, in the form of ointments, and other different matters; and nurfes, who are moftly, only confulted upon this occafion, are feldom without fomething of the kind, upon which they firmly and entirely depend, for removing the complaint: but a

dependence upon outward applications only, whatever their efficacy may be, is extremely uncertain, and not to be trufted to, with confidence: however, although we cannot reft all our dependence upon them, they may yet be employed to fome advantage.

Oils, or greafy applications, feldom do any good, except, that when the breaft is much fwelled, they help the fkin to ftretch, which will often give prefent relief. Of all the things of this kind, the oil, or fat of geefe, commonly called *goofe-greafe*, feems to have very much the preference, as it is very gentle and fmooth, and more penetrating than any other oily or greafy application; and, when it is nicely and properly prepared, its fmell is not difagreeable.*

Rum, and *vinegar*, feparately, or mixed, are common applications; and although much dependence cannot be placed on them, yet they are likely to be of fome fervice. It may be obferved, that the relief which is fuppofed to be found from thefe and other fuch like applica-

* Cut the frefh caul, leaf or fat, of the goofe into fmall pieces; put it into a cup or pot, and place the cup or pot in a veffel of boiling water till the fat is melted, which may then be powered clear off from the fkins, and kept for ufe. It will keep beft in a bottle; and if fcented, will fcarce be diftinguifhed, by the fight or fmell, from pomatum.

tions,

tions, depends full as much upon the rubbing with the hand, as any efficacy in the ointments and other applications that are uſed; and as much relief will frequently be found from the dry hand alone, as when any thing elſe is made uſe of.

POULTICES as they are commonly made with bread and milk, with the addition of oil, or any thing elſe that is greaſy, are better omitted; as they will forward rather than diſperſe or put back a gathering: but a poultice made as follows is; perhaps, ſuperior to any other, or perhaps any other outward application yet invented for diſperſing a gathering.

TAKE of, *extract of lead*, and *brandy*, each three large teaſpoonsful; put them to a quart bottle of *rain*, or *ſpring water*; and with this, and the *crum*, or inſide, of a fine, ſtale *wheaten loaf*, make a *poultice* in the uſual way, without the addition of milk, oil, or any thing elſe: lay it on, not warmer than the heat of the body; and change it night and morning: it is not apt to become uneaſy, or ſtiff, when made moiſt enough. Care muſt be taken that neither the child, or any other perſon, draws the breaſt, without firſt waſhing the nipple well with milk and water, if it ſhould happen to be wet with the poultice.

It will be adviſable to avoid drinking much of any liquid, although the thirſt may ſeem to require it; and the diet, for the preſent, and while the pain and ſwelling in the breaſt continue, or increaſe, may be chiefly confined to chocolate, and light puddings of any ſort that are moſt agreeable.

If there be the leaſt diſpoſition to coſtiveneſs, a ſtool or two muſt, without delay, be procured by means of *a glyſter*, *lenitive electuary*, *infuſion of ſenna*, *caſtor oil*, or any thing elſe, equally as mild and ſafe. If the pain and ſwelling ſeem to gain ground, rather than abate, it will be proper to procure a looſe ſtool, or two, and that, daily while they continue, although there be not a coſtiveneſs.

In this ſituation of the breaſts; that is, when they are painful, ſtiff, and ſwelled; they feel the moſt uneaſy when they are not ſupported; as their own weight cauſes an additional pain; hence it happens, that they whoſe breaſts are ſo circumſtanced, have an inclination to lay ſtill in bed, and a diſlike to getting up, or motion; proceeding from the eaſy poſition, that is found for the breaſts, in lying; and the uneaſineſs from motion or ſitting up, from their own weight. This deſire, in themſelves, to lay in bed, aided by an additional warmth that is uſually ſupplied by

by the increaſed warmth and cloſeneſs of bed and room, becomes a principal cauſe of augmented pain and the many miſchiefs that follow and happen to the breaſts in lying-in. Keeping the bed and room, therefore, full as cool at this as at any other time, is indiſputably neceſſary, and ought not to be neglected: and although lying in bed may, for the reaſon above-named, ſeem to be the moſt eaſy and deſirable poſition; yet, as it keeps the body much warmer (notwithſtanding any care that may be taken to keep the room cool) than it will be up and out of bed; getting up, once a day, ought to be complied with, if poſſible: there will be no danger of getting cold by it; on the contrary, it will allay the heat and feveriſhneſs, ſo conſtant attendants at this time, and will be found very refreſhing.

To alleviate the uneaſineſs which may be occaſioned by the weight and hanging poſition of the breaſts, they ought to be ſuſpended in a linen cloth tied over the ſhoulders; by the hand; or in any other manner that may ſeem moſt eaſy and practicable; by which means, the mother will not be debarred the advantage and gratification, as it will be found, of her daily and regularly getting up. If, however, it ſhould happen that the fatigue of getting out of bed cannot be borne, but which will ſeldom or never be the caſe, without great neglect at the firſt,

fitting up in bed now and then, in the day, with the breaſts ſupported as before-mentioned, may be complied with, and ought not to be neglected; as it will anſwer, in part, the intention of ſitting up out of bed.—The length of time of ſitting up in, and out of, bed, muſt, now, as at other times, be regulated by her ability for doing it: ſhe ought not to ſit ſo long as to tire and fatigue herſelf, as a very good purpoſe will be anſwered by doing it for a ſhort time.

When it ſo happens, from neglect or any other cauſe, that matter is formed, and a gathering has taken place and is advancing; it is not of ſuch immediate conſequence to attend ſo ſtrictly to the rules of ſitting and getting up; eſpecially if they are attended with particular uneaſineſs, or pain; and the eaſieſt poſition, in that caſe, may be indulged in: but if they can be done without ſenſible uneaſineſs, it will be adviſeable to comply with them accordingly.

From what has been obſerved, it may be remarked; that the breaſts of the mother who propoſes giving ſuck, ought always to be kept well drawn by her own child, or another child, a grown-up perſon, or a glaſs, ſo as to keep them ſoft and gentle, and free from lumps and hardneſs; and this to be done daily, and regularly from the firſt ſign and appearance of milk, although

although it ſhould give ſome pain; otherwiſe, a gathered breaſt is moſt likely to be the conſequence.

It ſometimes happens that the milk flows ſpontaneouſly from one or both breaſts, which affords a good deal of relief; yet that ſhould not prevent the regular drawing, as it is only the thinner part of the milk that thus diſcharges ſpontaneouſly.

If, from neglect of drawing, or any other cauſe, the pain and hardneſs ſhould continue, or increaſe, take ſomething that will procure a ſtool or two; keep cool, and take the food cool and without wine, ſpices, or any thing heating; let the breaſts, or breaſt, be now and then gently rubbed with the dry hand, or with rum, brandy, vinegar, or gooſe-greaſe; let the pained part of the breaſt be covered with a ſmall piece of thin flannel, which may be moiſtened with a little hartſhorn, if the ſmell of it can be borne: if, notwithſtanding theſe means, the pain and ſwelling continue, the poultice may be applied.

By a perſeverance in ſome, or all, of theſe means for a few days, the breaſt (for it very rarely happens that both breaſts are threatened with a gathering at one and the ſame time) ſoftens, and the pain, ſwelling, and hardneſs, together with the fever and feveriſh ſymptoms, will gradually decline,

decline, if taken early enough, and to which I have met with very few exceptions.*

I have no doubt in declaring, that, when proper care is taken from the beginning, a gathering may generally be prevented; and that the greateſt number of thoſe which do happen, are from neglect, or miſmanagement.

When the breaſt has been neglected or miſtreated for ſome time, ſo that the gathering is begun, and the matter formed, it will very ſeldom be poſſible to diſperſe and put it back: however, all the means here recommeded (the drawing, perhaps, only excepted, which will now be uncommonly painful) may be uſed; and if they do not entirely remove, may perhaps leſſen, the evil.

If a chill or ſhivering ſhould come on, it is almoſt a ſure ſign of the gathering and formation of matter. The time when the matter may be expected to form, cannot be exactly aſcertained; it often is within a week from the time the pain

* When a breaſt has gathered before, either in lying-in, from a hurt, or any other cauſe, it will be more likely to happen now, without particular care; but which may in general be prevented by proper attention; although on this occaſion it is often expected as a matter of courſe, and very little pains taken to avoid it, to the great diſtreſs and injury of the delicate ſufferer.

and

and ſwelling begin. When the gathering breaks, it is not uncommon for the milk to diſcharge along with, and out of the ſame place with the matter; eſpecially when it breaks near the nipple; but which is attended with no other inconvenience than ſometimes keeping the place open and unhealed rather longer than it otherwiſe would be.

It ſeems needleſs to purſue this ſubject farther, as the ſurgeon's aſſiſtance is commonly ſolicited when the gathering has taken place; only, it may not be unpleaſing to thoſe who have an uncommon dread of ſurgeon's inſtruments, to obſerve, that there very ſeldom is occaſion to make uſe of them, and that the breaſt breaks, and heals, commonly, *without their uſe at all.*

As gatherings in the breaſts are ſo painful; and as the conſtitution ſuffers much from them by long confinement and its conſequences; it becomes a matter of great importance to guard againſt accidents ſo diſtreſſing, by every practicable means; eſpecially with thoſe who are frequently ſubject to them when they lie-in; and many are ſo circumſtanced.

The inhabitants of towns, and thoſe in better life, appear to have them more frequently than the laborious, particularly of the country; from which, it may be concluded, that the diet, and want of ſuitable exerciſe, are the chief cauſes

before delivery, aided by miſtaken care and indulgences in lying-in. It appears therefore of how much importance it is, on this, as upon many other accounts, to pay a due regard to theſe matters, agreeable to the rules and cautions which have now been offered after delivery, as alſo thoſe during pregnancy, page 354 and 358 on the diet and exerciſe; where, reſpecting the diet, it is there obſerved to be as advantageous and neceſſary upon this occaſion, as it is in the preparation for the ſmall-pox.*

* *To the Medical Reader.*——The free uſe of animal food, with ſeaſonings and rich ſauces, and the quantity although but ſmall, of wine, &c. the prevailing uſage of towns; joined to a want of proper exerciſe, communicate to the ſyſtem a diſpoſition to inflammatory affections; which, from the irritation regularly produced by the increaſed action of the veſſels of the breaſts by a more than uſual determination to thoſe parts at this time, may be expected to excite a degree of inflammation in them that will frequently terminate in ſuppuration, with thoſe ſo circumſtanced; and which the puerperal ſtate will very much contribute to, without particular attention in the direction of it. On the other hand, the laborious, of the country eſpecially, by avoiding the prediſpoſing cauſes of inflammation by the ſimplicity and regularity of their diet; breathing a pure, uncontaminated air; and the regular uſe of free exerciſe; more generally eſcape theſe and all other local inflammatory affections from internal cauſes alone.

BOILS ON THE BREASTS.

A VERY ſlight, trifling gathering will ſometimes happen a little above the nipple, in the third or fourth week; which may properly be called a *boil*, as it is ſuperficial, being only ſkin deep, and of ſmall extent. It breaks in a few days, and heals without much trouble or uneaſineſs. It is ſo trifling that it is ſcarce neceſſary to attempt diſperſing it by the poultice above-mentioned; and from being ſo near the nipple, the child might receive ſome injury from it, without great care. A trial might be made to put it back by the poultice, if that breaſt could be drawn during the time by a grown perſon.

WHEN the gathering comes forward, a common poultice of bread and milk, with oil or lard may be applied twice a day, till it breaks; after which, the poultice my be diſcontinued, and the ſore dreſſed once a day with cerate ſpread upon lint or linen rag, till it heals. The opening is very ſmall at firſt, but often increaſes in a day or two to the ſize of a ſixpence or larger, from which it gradually heals up again.

THESE *boils* happen without the leaſt previous difficulty or uneaſineſs on the coming of the ſuck, or

or any threatening of gathering at that time; and as I have obſerved them always to happen in one place, and where the childs noſe preſſes upon the breaſt in ſucking, they probably are cauſed by preſſure, or irritation of the mucus, of the noſe; or both.

THESE *boils*, as I have here named them, as differing much from a gathering in the breaſt, are not very unfrequent, although I never heard of or ſaw the diſtinction made by others, and although it is a neceſſary one, if only to relieve the mind from the dread of a gathered breaſt.

THE nipples, which, before delivery, were bathed with rum or brandy (ſee page 375), may have the ſame continued, between the times of the child's ſucking, for a week, or longer, to harden them, and to prevent their being ſore with the child's ſucking. Some will however have ſore nipples, notwithſtanding every precaution; while others eſcape, without doing any thing to them. When the nipples are ſore, they may ſtill be waſhed in the ſame manner; or, if that does not ſeem to agree with them, a greaſed rag, or a piece of the net or caul of veal, may, if they feel eaſy to the nipples, be kept on between the times of the child's ſucking. They are ſometimes tedious and ſlow in healing, whatever is done to them. Whatever may be applied to the nipples that may be ſuppoſed offenſive to the

the child, ought to be whiped off before he ſucks. I have known a little lead water, incautiouſly applied to the nipples, do the child harm, although it would otherwiſe have been very ſuitable for ſkinning the nipples.—A rag moiſtened with warm milk and water, and repeatedly applied to, and kept upon the nipples, will, when they are very painful, often afford relief and give eaſe when other means fail.—*Pap-ſhells*, kept upon the nipples between the times of the child's ſucking, have been found advantageous: they defend the nipples from the preſſure of the ſtays, &c. gently draw them out, and prevent the linen or any thing elſe ſticking to them. A piece of lead adapted to the nipple, may be uſed inſtead of ſhells.

VERY oppoſite opinions have prevailed in the treatment of ſore nipples; ſome recommend drying, aſtringent applications; others oily and ſoftening. Both are right, under different circumſtances. When the nipples are ſoft and gentle, the former method will anſwer beſt; but when they are hard, ſtiff and chapped, the latter. I have obſerved as much benefit from equal parts of oil and rum (which are beſt mixed by ſhaking them together in a phial) as any other *general* remedy. As the keeping of the breaſts too warm will be a means of occaſioning ſore nipples (ſee page 408), ſo their healing, when ſore, will be greatly

greatly protracted by the ſame cauſe. I have often obſerved ſore nipples get well upon the removal of a warm covering from the breaſts, after every means, that could be thought of, had been long tried to no purpoſe. This is a circumſtance not generally known.

As ſoon as there is any ſign or appearance of milk in the breaſts, which there generally is about this time [the latter part of the third, or the beginning of the fourth day], ſometimes ſooner,* the child may be laid to the breaſt, if the mother intends to give ſuck; the putting the child to the breaſt earlier, can anſwer no good purpoſe (page 69 and 91), but moſt likely the reverſe. Many children, when they get nothing the firſt or ſecond time of ſucking, cannot oftentimes, without great difficulty, be brought to take the breaſt again. The longing and notion that it gives them of the breaſt, without ſatisf ing them, often makes them croſs and uneaſy: and when they ſuck without getting milk, they are very liable to get wind upon their ſtomachs, which makes them unwell, and, of courſe, fretful.

It does not appear that putting the child to the breaſt upon the firſt or ſecond day, or that drawing the breaſts, are means calculated for bringing the milk any ſooner than it is otherwiſe diſpoſed to come without. I know this is con-

* See page 404.

trary to the common opinion, and practice; but which will be found juſt, in experience.

There is oftentimes a good deal of difficulty in getting a child to take the breaſt, the cauſes of which have been enumerated page 124 (ſee alſo page 375). Very few children take one of the breaſts ſo well as the other; and ſome quite refuſe it: however, that breaſt ought not to be given up, but ſhould be regularly drawn twice or three times a day; and the child, although at preſent he refuſes it, may be brought to take it in a little time. Many diſadvantages may attend giving ſuck with one breaſt only; it leſſens the quantity of the milk; and the mother and child (ſee page 133) from being confined ſo much to one poſition, may, one, or both, get a caſt, and become crooked. It is not unuſual with thoſe mothers who have repeatedly given ſuck with only one breaſt, to have one ſhoulder raiſed, or fuller than the other.

On the *fourth day*, therefore, the mother muſt not expect to be quite ſo well as ſhe has been the preceding days, nor have ſo good an appetite; as her milk, although it comes ever ſo favourably, may be expected to give her a little uneaſineſs: however, by obſerving the rules and cautions above recited, ſhe will, without much doubt, get over this difficulty, as it will be greatly leſſened, or entirely overcome. She may obſerve

observe the ſame rules about ſitting up, &c. as the day before; and, although ſhe ſeems very well and comfortable to herſelf, ſhe had better avoid wine or any thing of the like kind.

If ſhe has been accuſtomed to take *butter-milk* at any time of her pregnancy, and found it agree with her, ſhe may ſafely indulge in a little now: and if it be thinned and warmed with a little warm water that has boiled, it will be a pleaſant and grateful drink; and if it ſits light and eaſy upon the ſtomach, and does not occaſion griping or looſeneſs, will be very ſafe, proper, and uſeful; as it will prevent, or cool or allay, any heat or feveriſhneſs; and will promote the ſuck. It may be taken in moderate quantities every day, from this time, during lying-in, or while it agrees, as here mentioned, and above, page 356. If it ſhould *not* have been taken before, and during pregnancy, there can be no impropriety in a cautious trial of it *now*. Whey is equally proper, and may be taken with the ſame precautions.

On the *fifth* day, her breaſts will, if ſhe has had them drawn, and has obſerved the other directions, be more ſoft and eaſy, and ſhe will feel cool and comfortable to herſelf. If her breaſts are quite eaſy and ſoft, ſhe may, if ſhe chooſes, have a little boiled chicken, or veal, or

or the broth of either, for dinner; with a glaſs of wine and water, or malt liquor, as is moſt agreeable: but if there be any thirſt, heat or feveriſhneſs, or uneaſineſs in the breaſts, the meat and liquors are better entirely omitted this day.

On the *ſixth* day the ſame rules may be obſerved as on the *fifth*; and on the SEVENTH her breaſts will moſt likely be ſo ſettled, and ſhe will find herſelf ſo ſtrong and well, that ſhe may eat a little boiled meat for dinner, and drink a glaſs of what ſhe likes beſt after it. She will alſo very probably find herſelf able to ſit up a great part of the day; and alſo to walk into another room, upon the ſame floor, either on this or the day following; which ſhe may do to advantage, if the room is properly aired; and ſhe will find herſelf much refreſhed by it.

The advantages which attend this early going out of the room are very great: the exerciſe and freſh air give ſtrength and ſpirits, and promote a flow of milk: it likewiſe give an opportunity for the chamber to be properly cleaned, and alſo aired, by ſetting open the doors and windows; ſo that upon again coming into it, ſhe conſiders it as an agreeable and pleaſant retreat, rather than as a place of confinement. She had better, upon her firſt going out of her room, not attempt

ſtaying longer than is needful for ſettling and adjuſting her room; but ſhe may, hereafter, prolong her ſtay, by degrees; ſo that at the end of the fortnight, ſhe may ſafely venture down ſtairs to dinner.

Her health, ſtrength, ſpirits, and appetite, increaſe daily. Towards the end of the third week ſhe is as well, and looks as well, nearly, as when in her beſt health at other times.—And, at the month end, ſhe recovers her wonted glow of health, and ſpirits; and her conſtitution is as perfect and unimpaired as if nothing had happened to her.

This favourable termination of lying-in is far from being nnuſual; and the account will not be found exaggerated, when the rules, here recommended, during its progreſs, are duly obſerved; and is what, in general, may be very eaſily obtained, frequently even more completely and ſpeedily than here diſcribed.

That the advantages of this mode of cool treatment may appear more conſpicuous and ſtriking, let us contraſt it with the method formerly, and ſtill by ſome, practiſed altogether, or in part.

We will ſuppoſe a woman, of health and temperance ſuited to a female character and conſtitution, ſafely delivered: ſhe immediately has ſomething very cordial given her: is put to bed, cloſely

closely covered up with an additional quantity of bed cloaths; the curtains are close drawn; and the room shut up close, with, perhaps, a fire. As soon as she can take it, she has caudle given, or some sort of gruel with brandy or wine, and perhaps hot spices in it, and that, as hot, and as often repeated, as she can well take it: of course she will be very hot, and most likely will sweat: this practice is continued, with little or no intermission, for some days, oftentimes a week, or longer; during which time, she is closely confined to the bed, in an almost continued sweet; and the air is, as much as possible, excluded the room.

Towards the third or fourth day she is sensible of a greater degree of heat than before; she will have more thirst; and, very likely, a pain in the head, back, and limbs; with a languor, faintness, and sense of weakness; perhaps she may have cold shiverings. In this situation it appears to those about her, that, from the pain in her head, back, and limbs, and from the shiverings, she has by some means taken cold; accordingly, she is confined still closer, if possible, in bed; and warm, cordial things are given to renew or increase her sweating.—During this time, her breasts will most likely be uneasy, and, if the greatest care is not taken of them, she may have a *milk fever*, or a *gathered breast*;

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and, if the heat and ſweatings are continued, it is not unlikely that ſhe may have the *child-bed fever*; or, if ſhe eſcapes that, an eruption upon the ſkin reſembling a raſh, which denotes the preſence of what is called a *miliary fever*. It is under theſe circumſtances that danger is to be apprehended, and in which many lives have been loſt; all which are totally and entirely brought on and occaſioned by heat and heating things, and which might be completely avoided by cool treatment.

It very ſeldom happens but that, under the treatment here deſcribed, all or moſt of theſe alarming ſymptoms are either threatened, or exiſt partially or altogether: when they do not threaten danger, and happen only in the ſlighteſt degree imaginable, yet, from the long confinement, heat, and ſweating, the health and conſtitution will be impaired, and will ſuffer very much; the ſtrength and ſpirits will be conſiderably reduced; and a pale, ſickly complexion, and languid countenance, will uſurp the ſeat of health and vivacity, and perhaps not readily relinquiſh it; for upon her firſt getting up, her firſt going out of her room, and particularly upon going out of doors, ſhe will be ſenſibly affected with the cold air, and very likely *really* take cold; which puts her upon having recourſe to warmth and ſweating to remove it; but which,

which, if ſhe *has* acquired a little ſtrength, reduces her to her former ſtate of debility and weakneſs; ſo that, upon ſtirring out, ſhe is always carefully muffled up; and may acquire ſuch a habit of care and indulgence as ſhe cannot get rid of without the utmoſt difficulty, perhaps never completely. Hence it is we frepuently ſee healthy, ſprightly women, after lying in once or twice, loſe their vivacity and healthy look, and which they, ſometimes, never recover.

There is an evil attending the free uſe of hot and heating things, as, hot liquids, ſpices, ſpirits, and wine, that has not yet been mentioned; but which proves as powerful an objection to them as any yet named: and that is, the injury they do to the ſtomach, by deſtroying its tone and powers of digeſtion; whereby it may, hereafter, require a more conſtant repetition of ſuch like things that is conſiſtent or adviſeable, or agreeable and neceſſary to a female conſtitution, for the purpoſes of health. This will be readily conceived, when it is conſidered, that the female conſtitution is, by nature, habit, and education, delicate; and as a particular abſtemioaſneſs is, in general, ſtrictly obſerved previous to this period and occaſion, no wonder ſo ſudden and material a change (at a time too when it is higly and particularly unſuitable) ſhould

ſhould be attended with ſuch bad and laſting conſequences.

They who attend to the deſcription, but particularly they who ſee or experience the difference of the two different methods of treatment here deſcribed, cannot heſitate in declaring in favour of the former, as being not only more ſalutary, but alſo more pleaſant, comfortable, and deſirable: it is perfectly conſiſtent with the dictates and deſign of nature, which the other is as foreign and repugnant to. By the former method, a lady will preſerve her health, bloom, vivacity, and youthful appearance unimpaired and unfaded during the whole time of her bearing children: whereas, by the latter mode, ſhe muſt be fortunate, or indebted to a more than common conſtitution, if ſhe is not deprived of a very great ſhare of them all, in even her *firſt* lying-in.

The method here recommended would be imperfect, and might be liable to ſome objections, did it not agree ſo well with all ranks and conſtitutions; for, as has been juſt now obſerved, the ſickly and delicate find it agrees with them remarkably well, and they have their health improved by it: it alſo agrees not leſs well with the ſtrong and healthy, who have their health preſerved to them by it. In ſhort, there are no conſtitutions with which it does not agree,

agree, and that, much better than the other method.

The ſimplicity of this practice bring it within the reach, and adapts it to the ſituations, of all ranks and degrees: and it is a reflection that muſt be highly acceptable and grateful to the contemplative and feeling mind intereſted in the cauſe of humanity, that, the humble mate, of the humbleſt peaſant, may, in a ſituation ſo inevitable, and of ſo much importance to the comfort, proſperity, and even exiſtence of mankind, be accommodated nearly as advantageouſly as the moſt exalted *peereſs*, or even MAJESTY itſelf. "*Nature!* in the midſt of thy diſorders, thou "art ſtill friendly to the ſcantineſs thou haſt "created——with all thy great works about "thee, little haſt thou left to give, either "to the ſcythe or to the ſickle—but to that "little thou granteſt ſafety and protection; and "ſweet are the dwellings which ſtand ſo ſheltered." *Sterne.*

I HAVE ſelected the following caſe, as being very applicable to the preſent ſubject, and as it will convey a juſt idea of the two oppoſite modes of treatment we have been deſcribing.

A LADY, healthy, and of a good conſtitution, lay-in of her firſt child, a very few years ago, in the ſpring, attended by a gentleman of repute, in *London*. During her lying-in, ſhe was treated,

in

in the manner very uſual there, with *caudle*; and had *wine*, and other *good things*, as they are commonly called, of the like kind given her very liberally. As ſhe propoſed nurſing her child, ſhe was directed and adviſed *by her nurſe* to continue this form of diet after lying in, as the beſt and only proper means of ſtrengthening her, and of promoting her nurſing. Early in the ſummer ſhe came to *Liverpool*; at which time ſhe was very unwell (as ſhe had been during and ſince her lying-in); had a continued fever upon her, with heat, thirſt, and fluſhings and eruptions upon her face and body reſembling the ſcurvy; and was languid and weak. Her child was nearly in the ſame ſituation, with a raſh, and an almoſt conſtant griping and complaint in his bowels.—Being *prejudiced* in favour of a regimen or diet ſhe had been taught, by her nurſe, to look upon and conſider as ſtrictly right and proper, ſhe was not eaſily prevailed upon to relinquiſh it: however, ſhe and her child daily growing worſe, ſhe conſented to vary it: the child was weaned and ſent into the country, where, he ſoon became healthy and well; and ſhe herſelf, by a diet chiefly vegetable, and, of which, *butter-milk* made a principal part, recovered her health. The following ſummer, ſhe lay-in in this town; was treated in the manner above recommended; and, although it was the hotteſt

hotteſt weather in the ſeaſon, recovered, and had her health, remarkably well. She ſuckled her child, who, with herſelf, was alſo free from the leaſt attack of the above diſagreeable ſymptoms.

THIS caſe, which is as much to the purpoſe as a caſe can be, clearly points out and diſcovers the reſult and effects of the two different methods of treatment. In the firſt inſtance, the appearances there deſcribed happened, without any the leaſt doubt, in conſequence of the lady's particular treatment* under the direction of her nurſe, to whoſe management ſhe was (after delivery, agreeable to the prevailing cuſtom) entirely reſigned; as much as they were prevented, or rather avoided, by it in the ſecond inſtance. Her good conſtitution preſerved and reſcued her, in the firſt inſtance, from preſent danger, and alſo from any future laſting bad conſequences, which otherwiſe might have happened.* I have been informed by ſome ladies who have lain-in in *London*, that they were kept in a perpetual ſtupor and ſtate of intoxication, during the greateſt part of the time of their lying-in.

* I AM informed that ſtrenuous efforts are making in London, by many of the moſt reſpectable of the faculty, to reform the practice upon this occaſion, by the introduction of a cool treatment in lying-in.

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The time for going out of doors, after lying-in, will be governed by the weather and ſeaſons. It ſhould never be delayed longer than is really neceſſary, as every unneceſſary delay will more endanger taking cold on going out. The month has been conſidered a ſuitable period; yet in a tolerable dry ſeaſon, it may be accompliſhed a week ſooner. Early getting out of doors, contributes eſſentially to returning ſtrength and ſpirits, and aſſiſts conſiderably in promoting an increaſe of ſuck, to thoſe who nurſe. It is very uſual to attend a place of divine worſhip the firſt time of going out; the propriety of which is very obvious in a religious ſenſe; although it muſt be acknowledged ſome riſk of cold is run by being ſo long in a cold and oftentimes damp place, on *firſt* going out, and which there ſurely can be no harm in delaying, till it can be done with more ſafety to the health; as the intention, *in that caſe*, will be as acceptable as the exterior.

Although it will now, as on every occaſion of confinement, be proper to guard againſt cold by additional cloathing, on *firſt* going out, yet that ſhould be gradually reduced to a former ſtandard; otherwiſe it may beget a habit of indulgence, that may not be readily ſubdued hereafter.

OF

OF DISPERSING OR PUTTING BACK THE MILK OF THOSE WHO DO NOT INTEND TO GIVE SUCK.

WHEN a mother does not intend to give ſuck, it will be adviſeable to make uſe of ſuch means, as will prevent a flow of milk to her breaſts, or any inflammation in them. For which purpoſe, from the time of delivery, a particular abſtemiouſneſs ought to be obſerved in the diet; which ought to conſiſt of, what may be called, the ſubſtantial, rather than the thin and diluting; as for example, the gruel may, if it can be ſo taken, be rather thick, than thin; but ſtill without wine or any thing heating in it. *Chocolate*, when it is liked, is perhaps the moſt ſuitable food, as it is not at all diſpoſed to turn to ſuck; and may be begun with immediately after delivery. Light *puddings*, and *cuſtards*, may be taken for dinner, ſo early as the ſecond or third day. *Liquids*, of all ſorts, ought to be drank as ſparingly as poſſible, although a thirſt ſhould call for them. On the *third* day, a ſtool may (if

(if it be wanting) be procured, by a *glyſter*, *lenitive electuary*, or *caſtor oil*.

Some have little or no difficulty in diſperſing or putting back their milk, while others have a great deal of trouble with it. In general, the delicate, and they who do dot uſe much daily exerciſe, have the leaſt milk, and conſequently will have the leaſt trouble, oftentimes none at all, in putting it back. But the healthy, and they who have ſtrong conſtitutions; as alſo they who uſe labour, or much bodily exerciſe, are thoſe who have the greateſt flow, and who will have the moſt trouble and difficulty in diſperſing it.

The breaſts need not be drawn at all, except they are uneaſy and very ſtiff; and then they may be drawn one a day, or oftener, in proportion as the ſwelling and uneaſineſs continue or increaſe.

The benefit ſuppoſed to be obtained by plaiſters, and all other outwards applications, is chiefly imaginary; and the generality of them are unpleaſing and diſagreeable.

When the breaſts are much ſwelled and feel very ſtiff, a little neats-foot oil, and particularly a little gooſe-greaſe, rubbed gently upon them, will ſoften them and give them eaſe.

If, notwithſtanding theſe means, the pain and ſwelling ſtill continue, the breaſts muſt be frequently

quently drawn, to avoid a gathering; and if a gathering ſhould really threaten, the means above recommended upon that occaſion, page 406, muſt be ſtrictly and diligently complied with, to prevent it.

Drawing the breaſts is commonly as much avoided upon this occaſion as can be, as it ſometimes brings a flow of milk that is not readily got quit of. Yet howſoever troubleſome that may be, it is much leſs to be apprehended and avoided than a gathered breaſt; and, therefore, it is always ſafer to draw them ſufficiently, than to run any riſque from not doing ſo at all, or but imperfectly, when there is real occaſion.

Drawing the breaſts is ſeldom neceſſary when they diſcharge the milk ſpontaneouſly, as that affords every neceſſary relief.

DIRECTIONS IN NURSING.

Six, or eight months, is a period as long as a mother can give ſuck conſiſtent with a proper regard to her own health; a longer time may be weakening, eſpecially to a delicate conſtitution, particularly in hot weather; and children may be weaned at that age, with great ſafety and propriety, if they are tolerably healthy and thriving.

thriving. There are thoſe of ſtrong conſtitutions who will give ſuck ten months, or longer, without any apparent preſent injury to themſelves yet, with thoſe, that is a period which ought not to be exceeded (ſee page 297): for although nurſing, for a certain length of time, benefits the conſtitution; yet it may be continued ſo long as to injure it. The extremes of not giving ſuck at all, and of continuing it too long, ought both to be avoided, There are many robuſt country women who give ſuck for two years, or longer; and which they appear to do without any preſent diſadvantage to themſelves; yet when they do it of a number of children, it undoubtedly impairs the conſtitution. This unuſual ability in nurſing is, however, chiefly confined to the rank and ſtation here named;* as that part of the ſex whoſe exerciſes and employments are confined to what is underſtood by

* A COUNTRY woman, in this neighbourhood, gave ſuck to her firſt child ſixteen months: at which period, ſhe was delivered of another child; which, with the firſt alſo ſhe ſuckled twenty-one months longer, and until ſhe was within three months of her time of the third. So that, ſhe gave ſuck, to one child, three years and one month: and to two children, one year and nine months of the latter part of the time; and all this without any intermiſſion; and had, during the whole time (about a month at the laſt excepted), to uſe her own words, *plenty of milk.*

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the polite and faſhionable amuſements of the age, together with its luxuries and indulgencies, are ſo far from being capale of ſuch an exertion, that a great many are not able to nurſe at all, for want of ſuck; and others do it very imperfectly, although anxiouſly diſpoſed to do it.

Nursing very ſeldom diſagrees with the mother when ſhe has a good appetite, and plenty of ſuck: therefore, when ſhe is diſpoſed to nurſe her child, ſhe may always do it, not only with ſafety, but even to advantage to herſelf, for a few months, whatever may be the ſtate of her conſtitution, while her appetite is pretty good, and ſhe has a tolerable ſupply of milk for her child; and when theſe fail, ſhe may, and can at any time, readily wean him. A good appetite is one of the moſt favourable circumſtances that attends nurſing; and it ſeldom diſagrees when the appetite is tolerably good, although the ſuck ſhould not happen to be much in quantity.

Painful and afflictive emotions of the mind ought as much as poſſible to be guarded againſt, as they not only cauſe the ſuck to diſagree with the child (page 142), but alſo leſſen its quantity; and, when exceſſive, will ſometimes take it away entirely. They are liable to be excited at this time by many cauſes; ſuch as, when the child cannot readily be brought to take the breaſt; from

from the child's fretfulneſs, occaſioned by indiſpoſition or any other cauſe; from the mother's very great anxiety to accompliſh her giving ſuck; &c. When from theſe, or any other cauſes, the mother gives way to grief and fretting, ſhe may expect her ſuck will be diminiſhed: it therefore behooves her, if ſhe is deſirous of preſerving her ſuck and her child's health, to endeavour, as much as poſſible, to preſerve a ſerenity and compoſure of mind, upon all occaſions. It is very common for a mother, of her firſt child, to be alarmed unneceſſarily and without cauſe at many trifles reſpecting her child; but which a little experience will enable her to diſtinguiſh, and ought, hereafter, to make her diſregard.

Much *ſweating*, particularly in bed, will diminiſh the ſuck; therefore every cauſe, that will promote and encourage ſweating, out to be avoided.

Some have a tolerable ſupply of milk for one, two, three, four, or more months; and then it decreaſes conſiderably, or entirely ceaſes: but, be the time longer or ſhorter, the benefit that is derived to the conſtitution from nurſing, is ſufficient always to encourage and favour a trial of it.

As nurſing may be ſaid almoſt always to agree with the mother when ſhe has plenty of milk; ſo

ſo it very rarely diſagrees with her except for want of a ſufficient quantity of ſuck: therefore if, at the beginning, ſhe has but little ſuck, or if, at any time afterward, her ſuck ſenſibly decreaſes, and if her appetite fails her, and ſhe is ſenſible of an almoſt conſtant languor, faintneſs, and univerſal weakneſs, eſpecially upon the child's drawing the breaſt, ſhe may with great certainty conclude that nurſing diſagrees with her, and that the ſooner ſhe weans her child, or get him another breaſt, the better; as any farther attempt, on her part, will ſicken her, and reduce her ſtrength and ſpirits; and the child will be prevented from thriving, and conſequently no way benefited by it.

However, it may happen, as it very frequently does, that the mother's want of ſuck, and her indiſpoſition otherwiſe, may be occaſioned by various circumſtances, as, her confinement to the houſe, and want of exerciſe in the open, pure air; a want of a proper diet, &c.: upon which occaſions, if ſhe is deſirous of nurſing, ſhe may, as her ſtrength and other circumſtances will favour it, if ſhe reſides in a town, try the effects of a country ſituation, and the air and exerciſe it affords; and that, in a carriage, on horſeback, or by eaſy walking, as ſuits her inclination and convenience, and the ſeaſon of the year. It is a general, and no leſs juſt, obſervation, that the quantity of the milk is

always increaſed upon the firſt motion and exerciſe within doors, and ſtill more evidently upon going out of the houſe; a clear proof of the utility and efficacy of exerciſe and air upon this occaſion, and which the country affords, and will admit of, in the greateſt perfection. It muſt be obſerved that the exerciſe be moderate, and ſuch as will not produce much fatigue of body or ſpirits.

As an attention to the diet may very much conduce to perfect this deſirable purpoſe, it muſt not be neglected. *Liquids* and *ſpoon-meats*, are to be preferred to *ſolids* or *fleſh-meats*, for general uſe; not that the latter need be avoided, at dinner particularly, when they are liked. Some articles of the diet are found to have a tendency to increaſe the milk more than others. *Malt liquor*, where it agrees, and is liked, is very well ſuited to anſwer this purpoſe, and may be indulged in as freely as the inclination ſhall prompt or require, and by which the quantity ſhould always be governed; for neither that, nor any other liquor, ſhould be forced upon the ſtomach, or taken in much larger quantities than the appetite has a natural call or deſire for, as, ſo taken, it can anſwer no good purpoſe. A moderate thirſt is no unfavourable circumſtance, eſpecially when the appetite is tolerably good at the ſame time, as it directs a ſupply of what paſſes, and is converted into, milk.

WHEN

When *malt liquor* is drank, *barrel porter*, *ſlender barrel ale*, or *good table beer* that is not very new nor upon the turn, are preferable to *bottled* ale or beer, and ſuch are ſtrong, or in the leaſt tart or windy. *Chocolate* tends more to the nouriſhment of the body than the promotion of ſuck, and therefore is not ſuited to this purpoſe. If *coffee* affects the mother's bowels, it ſhould be avoided: the ſame may be obſerved of every thing elſe that is taken as food or drink. *Tea* generally proves acceptable at this time; and when it does not diſagreee with the ſtomach or bowels, may be indulged in, as it is a good promoter of ſuck. Many ladies with whom tea diſagrees at other times, find the free uſe of it agree very well on this occaſion; eſpecially if the tea be not too fine and ſtrong, which it ought not to be. *Milk*, in its natural ſtate and as it comes from the cow, does not much promote an increaſe of ſuck; but when prepared, as in the form of poſſets, with wine or ale, in whey, or as butter-milk, it aſſiſts very powerfully; perhaps nothing exceeds *butter-milk* and *whey*, for this purpoſe, when they agree.

Roots, and *vegetables* of all kinds, that are found to agree with the ſtomach and bowels, are proper. *Fruits*, that are ripe, may be moderatey taken, eſpecially the more ſweet and mellow; but

but thoſe that are unripe, or naturally ſour when ripe, ſhould be more carefully avoided, as they may gripe the child. It appears unneceſſary to urge the impropriety of acids, as vinegar, pickles, &c. at this time. Salted and dried meats, as ham, tongue, &c. ſhould be ſparingly eaten, being particularly unſuitable.

The uſe of *ſpirituous liquors* ought to be limitted; and they ſhould never be taken, except when they may be required as a medicine; as they will not increaſe the milk, may injure the ſtomach and conſtitution, and may affect the child. *Gruel*, of any kind, that is beſt liked, may be taken as often, and at ſuch times of the day, as is agreeable; and without, or with, a little quantity of wine; but gruels are ſeldom much reliſhed after lying-in.

Cold *bathing*, particularly in the ſea, is ſometimes found conſiderably to increaſe the milk; and, if other means fail, may be tried: it may ſafely be begun with about the end of the ſecond month, when nothing very particular, as the ſeaſon of the year, &c. forbids it thus early.

If, after a proper compliance, as far as circumſtances will allow, with the above rules, the appetite, ſtrength, and ſpirits, are not benefited, nor the ſuck apparently increaſed; it will be the moſt adviſeable to decline any farther attempts of nurſing, for the preſent, If it be of the firſt child,

child, it ought not to be conſidered as a ſpecimen of what may be expected hereafter upon another the ſame occaſion; as it is very common to have but little milk of the firſt child; and many who have had very little of the firſt, have great plenty afterward. This want of milk of the firſt is a common reaſon for diſcouraging and declining another attempt; but which, from what is here obſerved, ought to be no obſtacle to another attempt, upon a like future occaſion. But if, on the contrary, after complying with theſe rules, the ſuck, ſtrength, and ſpirits, with a good appetite, promiſe to increaſe, the mother's happineſs will be complete; and ſhe will be enabled to perform the pleaſing duty of ſupporting her own lovely offspring, with ſatisfaction and delight to herſelf, and ſingular advantage to the ſweet innocent.

WITH regard to the *diet* and *exerciſe* during the remaining time of nurſing; any thing that could be farther ſaid upon them would be only a recapitulation of what is here mentioned, and has already been given, when treating of the diet and exerciſe of a wet-nurſe (page 144), and during pregnancy (pages 354 and 358), to which I refer the reader, to be governed and directed by, hereafter, with equal propriety and advantage. The *diet* ought, in general, to be *plain* and *ſimple*, and chiefly of the *vegetable* kind;

and

and the *exercise* ought to be *frequent* and *regular*, and ſuch as can be taken with *pleaſure*, and will not *hurry* or *fatigue*.

A MOTHER is ſometimes baffled in her attempt to ſuckle her child, by her ſuck not agreeing with him, occaſioning ſickneſs, griping, green ſour ſtools, and other ſimilar circumſtances that uſually attend improper food. This imperfection of the mother ſeldom, perhaps never, ariſes from any fault in her natural conſtitution. It is not to be obſerved in country and other laborious women, and proceeds from errors in the diet or exerciſe, or both, before or after delivery. It is principally owing to the diet, not being ſimple enough, and being compoſed of ſuch articles as make the ſuck too groſs for the child's ſtomach. As this has been a frequent cauſe of mother's not ſuckling their children, it is proper they ſhould be informed of the nature of it, to enable them to remedy it; and which they may do, by an attention to the rules proper to be obſerved during pregnancy and in lying-in. If a mother, not apprized of this circumſtance before it is diſcovered, ſhould ſtill be deſirous to continue her preſent nurſing, ſhe may perhaps effect it by a ſtrict adherence to rules; and on a future occaſion will certainly ſucceed. I have known caſes where the ſuck has diſagreed, from this cauſe, for two or three of the firſt months,

and

and where by the mothers' attention to their diet and exercifes, it has agreed very well during the reft of the fuckling.

DISEASES

OF

LYING-IN WOMEN.

CHILD-BED, OR PUERPERAL FEVER.

THIS is called a child-bed fever, from its being peculiar and confined to that fituation. When it happens, it generally comes on fome time in the firft week; commonly on the third or fourth day. It begins with a fhivering, like the cold fit of an ague; and which, like the ague, is alfo fucceeded by a great and burning heat of the whole body; thirft; flufhing in the face; pain in the head and back; and a ficknefs at ftomach; after fome time a fweat breaks out, which

which relieves the pains, and, if encouraged by warmth and heating things, continues for ſome days: a griping is not uncommon, with a ſenſe of fulneſs in the belly; yet it more frequently occurs when theſe ſymptoms have continued for ſome days, and is then generally accompanied with a looſeneſs, but which does not relieve the griping or take off the ſenſe of fulneſs.

When this complaint happens ſo early as the third or fourth day, it commonly makes its attack in the manner here deſcribed; but when it is much later of coming on, it ſteals on imperceptibly and without much ſhivering (or a *ſhake* as it is commonly expreſſed) or any extraordinary degree of burning heat; when, the firſt appearances of it are, a heat greater than uſual, a languor and faintneſs, a ſickneſs frequently with vomiting, a ſweating, a conſtant griping with looſeneſs.

This may be diſtinguiſhed from the milk fever (mentioned immediately after this), by the ſhivering, which does not happen at the beginning of the latter; and by the breaſts, which, in this caſe, are often more than ordinarily eaſy and ſoft; whereas in the milk fever, they are always ſwelled, hard, and painful.

From the long ſtring of unfavourable ſymptoms here enumerated, this complaint will appear

pear alarming, if not dangerous: it would be diſingenuous not to acknowledge *it is ſo:* but however alarming this declaration may appear, the alarm will be greatly abated, if not entirely removed, when it is obſerved, that this fever, with all its alarming conſequences, may be, perhaps, *always* avoided; and that, when it does happen, it is occaſioned entirely by improper management before, but chiefly at and after delivery.

THROUGH the whole of the directions and rules, that have here been offered, from the time of delivery, a particular caution has always been given againſt a cloſe room, heat, and heating things; and it has been obſerved (page 379) that there is a particular diſpoſition to fever and feveriſh ſymptoms at this time. This *child-bed fever*, therefore, is no other than that feveriſh diſpoſition increaſed and aggravated by heat and its conſequences; the chief of which is, foul confined air from the cloſeneſs of the bed and room; and may as certainly be avoided by a due obſervance of the rules there and afterwards laid down. The preventive means, therefore, have been fully deſcribed. But when the complaint does happen, although it will be always neceſſary to procure proper medical aſſiſtance as early as poſſible, yet, in the mean time, the

following directions may be obferved to great advantage.

When, if about the third or fourth day after delivery, a coldnefs and fhivering fhould come on, inftead of overloading the bed with cloaths, and pouring into the patient all the hot and ftrong things that can be come at (as is the common cuftom upon this occafion), it will be more advifable to rub the legs and feet with a warm hand, and to wrap them up in a flannel petticoat, or fomething of the like kind, made warm; and, if the thirft requires it, to give her a little weak wine and water, without nutmeg, moderately warm; or a little thin gruel, in the fame manner: for, if much heat is applied, or heating things given, the hot fit, which is fure to follow, will be proportionally aggravated and prolonged. When the hot fit comes on, the heat and fweating muft not be encouraged, but, on the contrary, difcouraged, by undrawing the bed-curtains; by making the room cool, by removing the fire, and, according to the weather and feafon of the year, fetting open the door and a window; by fitting up in bed; getting out of bed; and by taking the food and drink cool, and of a cooling quality: by fome, or all, of which means the farther progrefs of the fever will be commonly prevented, always mitigated. It is to be obferved, that the fweating muft not

be

be *ſtopped immediately*, and entirely, upon its firſt breaking out, by cold and cold things; but rather *diſcouraged gradually*, ſo that it may entirely ceaſe in the courſe of a few hours. The room muſt not be waſhed, even partially, nor the paſſages which lead to it. *See page* 403.

It is a common opinion, that, when ſhiverings come on, they muſt be occaſioned by cold; and that warmth and forced ſweating are neceſſary to expel and carry off the cold. This miſtaken concluſion may, moſt likely, have all along betrayed nurſes and others into the erroneous practice of warmth and heating things, by way of avoiding and preventing ſo formidable an evil, in this ſituation; and unfortunate it has proved to preceding ages that ſo fatal an error prevailed ſo long; as it is diſcovered, that not cold, but, its oppoſite extreme, heat, and its conſequences, are the only cauſes of it; and that the greateſt degree of heat, that could ſafely be adminiſtered, would not avert, ſuſpend, or even leſſen the ſhiverings.

As this fever may be entirely brought on by heat and cloſe confinement, with thoſe who are the leaſt diſpoſed to it; how much muſt it be increaſed and aggravated, by ſuch means, with thoſe who have, from conſtitution, a more than ordinary diſpoſition to it?—It muſt, as it has often done, prove alarming and dangerous.

It very rarely happens that any, even the ſlighteſt, appearance of this fever is diſcovered when the cool treatment above deſcribed (pages 378, 384 and following) is properly obſerved from the time of delivery; and, more eſpecially, when the diet and exerciſe during pregnancy (pages 354, and 358) are attended to. The diet in a particular manner, as there obſerved, is worthy attention; as it is as much calculated to prepare the body to reſiſt, or rather to check and ſubdue this fever, as it is ſerviceable in the preparation for the ſmall-pox, for the purpoſe of rendering that diſeaſe more mild and favourable.

Attacks of this fever are more frequent, from midſummer until the froſt ſets in, than at any other ſeaſon; therefore, more care is requiſite to prevent it, at thoſe ſeaſons. And as butter-milk, whey, and vegetables of all ſorts, are then in the higheſt perfection, ſuch as are found to agree may be made uſe of during pregnancy, as well as in lying-in.*

A MILK

* *To the Medical Reader.*—As the *puerperal fever* regularly diſcovers evident marks of putreſcency, it may be ſuppoſed to be, as it is, moſt prevalent at the decline of the year; that ſeaſon favouring a putreſcency of the fluids. The advantages, therefore, from a diet chiefly vegetable, when it agrees, and exerciſe with the inhabitants of large towns eſpecially, during

pregnancy,

A MILK FEVER, which is by ſome ſo much dreaded, happens about the fourth or fifth day, and is occaſioned by the ſwelling and hardneſs of the breaſts, conſequent upon the firſt coming of the milk into them.

EVERY unuſual degree of heat and fever that happens at this time, and is occaſioned by the milk, may be called a milk fever;* although it ſeldom is worth notice, nor has that name given it,

pregnancy, are too obvious to need farther comment; as alſo, a ſtrictly cool treatment, and every other obviating means, in lying-in.

* *To the Medical Reader.*——The heat and feveriſhneſs that is obſerved to take place upon the firſt ſecretion of milk in the breaſts, ſeems to be purely *ſymptomatic*, from the *local topical* affection: and not *general*, as depending upon abſorption of milk at all, or any other cauſe. If the fever was *general*, it would of courſe be regularly accompanied with *rigor*; which we do not find it is, except when, from a continued obſtruction of the milk from want of drawing, from an inflammatory diſpoſition in the breaſt or breaſts, or from a *philogiſtic diatheſis* in the ſyſtem (ſee note to page 419), a ſuppuration takes place; and, if it was from abſorption, it is moſt likely that it would aſſume the appearance of a hectic, which is not to be obſerved at this early period, without preceding

it, except when the fever runs high and is in the extreme.

It will follow, from what is now obſerved, that the cure of the milk fever muſt entirely depend

ceding ſuppuration. As it rarely happens but that more or leſs of heat and feveriſhneſs may be diſcovered to accompany the firſt formation and ſecretion of milk, and which increaſe as the breaſts become diſtended, but which are as effectually and inſtantly relieved by drawing the breaſts; ſo, the ſtimulus given to the ſecreting veſſels by their increaſed action, and the diſtention of the lacteal tubes, as alſo that of the external teguments, appear to be the ſole (and alſo ſufficient) cauſes of the feveriſh ſymptoms: for ſo early as the ſecond or third day from the firſt ſymptom and appearance of ſecretion (which does not take place while the lochia is undiminiſhed) no degree of abſorption, ſufficient to produce ſo material an effect, can be ſuppoſed to happen, yet the ſymptoms of fever are, about that time, often very urgent. It is true, when partial tumours and hardneſſes are formed, whether of a cancerous, ſcrofulous, or the like kind; or when, from long retention of the milk; cold taken; or any other cauſe; rigors, and other ſymptoms of general fever; or hectic from abſorption, will take place; but which differ much from what is generally underſtood by a milk fever commonly ſo called, happening ſo early as the third, fourth, or fifth day after delivery, and the ſecond or third of its real ſecretion; in which ſhort ſpace the milk, if really abſorbed, cannot be ſuppoſed to acquire a morbid acrimony ſufficient to excite fever.

As the milk fever, ſo called, is commonly ſuppoſed to happen from an abſorption of that fluid, an inquiry into the real nature of it may have its uſe in practice; and, if the diſtinction

pend upon the abating and leſſening the inflammation, ſwelling and hardneſs of the breaſts; and that the preventing it will alſo depend upon not ſuffering that inflammation, ſwelling and hardneſs to take place; all which means have been fully ſpoken of and explained (ſee page 406 and following). Drawing the breaſts, keeping cool, taking nothing but what is cool and of a cooling quality, and ſitting up in bed, or getting out of bed, muſt be all complied with as circumſtances will permit, and as have been adviſed in their reſpective order.

A MILIARY FEVER is what lying-in women are known to be ſometimes liable to; and is known and diſtinguiſhed by an eruption reſembling a raſh, coming out commonly firſt upon the neck and breaſt, afterward upon the other parts of the body, and ſeldom or never upon the

diſtinction here offered appears eligible, the title of *milk fever* will neceſſarily be exploded *by the medical faculty*, and, *ſymptomatic fever from ſecretion of milk*, or ſomething of the like import, ſubſtituted in its place; as no *partial*, *local* cauſe, without a *general* participation or affection of the ſyſtem, can properly conſtitute a *diſtinct ſpecies* of FEVER.

face:

face: it generally appears the thickeſt upon thoſe parts which are kept the warmeſt and cloſeſt covered.

The eruption, upon its firſt coming out, is red; but towards the ſecond or third day it becomes white; and ſoon after goes off with a dry ſcurf. The complaint does not however terminate here, as it is immediately ſucceeded by another raſh or eruption, which proceeds, and goes off, in the ſame manner; and that, ſometimes, ſucceſſively and repeatedly.

The time of its firſt appearing is uncertain: it ſeldom comes before the end of the firſt week; and may happen afterward at any other period of the confinement, to the bed particularly. It is attended with a ſenſe of weakneſs, and a dejection and depreſſion of ſpirits.

This fever, and theſe appearances, are entirely occaſioned by much warmth, warm and heating things, and, more eſpecially, by much and long continued ſweating in bed, as there is every reaſon to ſuppoſe it never happens without, and except in conſequence of, much ſweating. The means for preventing it therefore are very clear and obvious; and if the method and directions at, and from, the time of delivery, and during lying-in, page 378, are properly attended to, it may always be with great certainty

tainty prevented, and need never be feared or apprehended.

With refpect to the treatment and cure of the miliary fever when it does happen, it may be obferved in general terms; that the fame means which will prevent it, are alfo the likelieft and beft fuited to remove and cure it. The medicines, and other medical treatment of it, cannot, with any profpect of advantage, be here given; however, the following directions may, fo far, be fafely obferved and attended to. Every means that can heat the patient muft be cautioufly avoided. The room muft be made cool, by removing the fire, or fetting open the door, and even a window if needful. The bed-curtains muft be undrawn, and any additional quantity of bed-cloaths, if any there be, be removed; *all which muft be done gradually*. Whatever fhe takes as food or drink, muft be cool, and without fpices, wine, or fpirits of any kind. If fhe is coftive, a ftool or two, and not more muft be procured by a glyfter, lenitive electuary, infufion of fenna, or caftor oil: much of a loofenefs will be injurious.

As foon as, by thefe means, the heat and fweating are checked and abated, fhe muft be raifed up and fupported in bed, and, with the affiftance of a bed-chair, fhe will perhaps be able

 to

to ſit up in bed; and which ſhe may do once, twice, or oftener in the day; obſerving that ſhe be not too much covered up and muffled in the bed-cloaths, &c. and that ſhe has her hands and arms out of bed, which will be a means of putting an entire ſtop to the ſweating, and, of courſe, of removing the diſeaſe. She ought, as ſoon as ſhe is thought able to bear the fatigue of it, to be got out of bed once a day, which will be an effectual means of removing any remains of the complaint, and alſo of preventing a return of it. The notion that is commonly entertained of the propriety of keeping up a heat and ſweating, by way of forcing out the raſh or eruption, is very eroneous, as the heat and ſweating are the ſole cauſes of the raſh, and conſequently the removal of them muſt be the moſt ſure means of removing the complaint: and except the ſweating is checked, and even entirely ſtopped (which may be done, with ſafety, by degrees), all other attempts to remove the diſorder will be vain and fruitleſs. It is well known that long continued ſweating, will, alone produce a raſh at any other time, and upon any other occaſion.

This complaint is juſtly dreaded, as it has often proved fatal, in this ſituation, when in the extreme; although a ſlight attack of it may be got over without danger. It was very common, when

when ſweating and long confinement in bed, and heat and heating things were in vogue; and is much leſs ſo ſince the cool treatment has been introduced. Thoſe of weak and delicate habits ſeem more liable to this complaint than the ſtrong and healthy.

OBSERVATIONS

ON

MOTHERS NURSING THEIR CHILDREN.

THE propriety of every mother's giving ſuck to her own child, is univerſally acknowledged: and the trouble which attends it, and an inability to perform it, are the chief cauſes which prevent the univerſality of the practice.

THE former of theſe obſtacles does not fall immediately within our preſent deſign; yet it may not be improper to obſerve, that the neceſſity of the attempt, in both a religious and moral view, has been ſtrongly urged by the beſt informed of all ages and countries, whoſe various authorities might be recited; but which is unneceſſary, as no attempts have been made to oppoſe

oppoſe or confute them: however as the inclination, where there is power to aſſiſt and ſecond it, is ſo liable to beguile and miſlead the judgment, we unfortunately find the beſt arguments too frequently ineffectual.

Most of what are called the pleaſures of life, are miſtaken or loſt in the purſuit; and if obtained, are accompanied, or more certainly ſucceeded, by diſappointment, diſguſt or embarraſſment; while the pleaſure which ariſes from the mother's giving ſuck to her child, is regular, laſting, and always increaſing: and although this ſituation may, to a mere obſerver, ſeem attended with anxiety, yet it is of the grateful, pleaſing kind, and by which the reciprocal affection of the mother and child is gradually ſtrengthened and confirmed, to their mutual laſting benefit and happineſs. That this tie is thus confirmed, may be diſcovered from the declaration of thoſe mothers who find they have a ſtronger affection for the children they nurſe than thoſe they do not.

A lady's nurſing her child, can ſeldom deprive her of the enjoyment of any *true* pleaſure, which conſiſts in temperance: whatever may be interrupted by it under the name of *pleaſure*, may with more propriety be ſtiled *diſſipation*. Even admitting it to deprive her of what ſhe *conſiders* ſome of the pleaſures of life, it need

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be but for a ſhort duration, and ſhe will return to them with the greater reliſh, from a ſhort abſence, and they will be greatly enhanced by the grateful reflection of having done her duty: whereas on the contrary, every pleaſure obtained at the expence of a duty, becomes criminal; and muſt be ſo felt upon reflection.

THE economy of pleaſure is well worth the attention and ſtudy of thoſe who wiſh for its pureſt enjoyment—We ſhould be economiſts of our pleaſures as well as our purſes, to make them laſt.

THE cenſures that are paſſed upon ladies who do not fulfill this maternal duty, are little merited by them, as they are moſtly adviſed from it, at firſt, by their older relatives or friends, either on the miſtaken idea of their health, or on the ſcore of faſhion; very frequently by their huſbands, who fancy they ſhall be incommoded and diſturbed by it: to this the female mind, being paſſive,* aſſents or ſubmits; and habit and prejudice afterward reconcile it. It is very un-likely

* FROM this *paſſive* diſpoſition or ſtate of the paſſions, proceeds that gentleneſs, withdrawing and delicate ſubmiſſiveneſs, ſo peculiar to the female character, and which is its moſt prominent feature; being oppoſed to that of the other ſex, which is *active*, or impetuous and urgent. From which it ſeems, as if a colliſion or reciprocal action of the two is neceſſary

likely that this powerful impulse of nature would be resisted, were it left to the mother's choice; the female character, its sensibility and tender affections, additionally conspire to prevent so great a violation of its order and design.

necessary to the due temperature, harmony and government of both, and whereby the extremes of supineness and ferocity are avoided.

These two opposite dispositions in the passions, are evidently discoverable in many parts of the animal creation; although in our species they seem most perfect and necessary.

The circumstance of two united extremes or contrarities producing a desirable or salutary medium, or effect, is extremely frequent, as well in inanimate as animate nature; and appears to be one of nature's common laws, whereby many of its purposes are effected. Temperature, is seldom an original quality in nature; being mostly the effect of a combination of contrarities. All nature, in its formation and existence, immediately depends upon the medium or temperature which is produced by a combination of the extremes of heat and cold. An union of solid and fluid, or dry and moist, are very generally necessary to the formation of all compact bodies. Life and death concur and are essential, here, to the attainment of a future state.

An ample investigation of these subjects would, like all researches into the laws of nature, be not only pleasing but useful; as they would assist to reconcile the mind to many of those jarring and discordant occurrences by which we are liable to be affected; and which we should repine less at, were we to know that they are essential to an intended and necessary purpose, and such as our nature must inevitably submit to.

Were

Were ladies to be governed and directed by an attention to their own immediate health, and the benefit of their constitutions, more than fashion or the opinion and advice of others, they would, when they have it in their power, give suck to their children. No other argument need be urged to convince them of the propriety of it, than its being the order and design of nature, the counteracting of which, as one of her most familiar and regular intended processes and operations, must be injurious to the constitution; and whenever it is done, the constitution receives a check and a shock that tends to its immediate or future disadvantage.*

It is not always necessary to give suck for a long time; a very good and salutary purpose will be answered by doing it for two or three months;† which, if a hardship, is but of short duration, and of trifling import, when placed in

* *To the Medical Reader.*——Dr. *Cullen* speaks of this, as a remote cause of the Menorrhagia, "by overstraining the extremities of the uterine vessels:" and which must often be the consequence of an unseasonable determination to those parts.

† Giving suck *one* month *only*, provided the mother is not willing or capable of doing it longer, may benefit her constitution: and the child in the course of one, two or three months may have thriven, and acquired so much strength,

in competition with health, the greatest blessing of life.

Many and frequent are the instances of bad health and sickly constitutions being restored and improved by nursing; and as many that are occasioned by a want of it. *Nervous* and *hysterical* complaints are generally surprizingly benefitted by it; often removed.

The trouble that attends nursing, is greatly magnified to an observer, who notices only that part of it, without being sensible of the infinite and ineffable delights that invariably accompany and are inseparably connected with it.*

The second obstacle to nursing, that of *inability*, comes more particularly under our present consideration. A very common cause assigned for a mother's not nursing her child, is, her suck disagreeing with him: but as the remedy rests entirely with herself, and depends upon her diet and exercises, as before mentioned in the *Directions in Nursing*, we must not consider it as a natural inability.

A *want of suck*, is a very frequent obstacle to

strength, as to do very well with being weaned; but if that is not the case, and it does not seem advisable to wean him, a wet-nurse may be got with as much propriety then, as at his birth.

* There is a number (No. 246) in the *Spectator*, solely devoted to the subject of mothers nursing their children.

nursing. It will be necessary to consider under what circumstances this *inability* prevails. Local situation does not seem to influence it particularly: but if we attend to rank and situation in life, we shall at once make the discovery. If we take a survey of the inferior orders, we shall rarely find that description defective in this great design of nature; and if we examine the laborious of every station, we shall make the same observation. But when we direct our enquiry to the opulent and luxurious, whose situations admit of indulgences, and to all others who from choice or necessity are deprived of free exercise (as more particularly happens to the inhabitants of large towns), we shall there discover the defect. The irregularities and indulgences that prevail in the upper, and even middle, ranks of life, in their diet, exercises, &c. from childhood, are generally found unfavovrable to this effort of nature; and whenever constitutional *inability* occurs, it may always be deemed *acquired* and *artificial*, and not *natural*: therefore a lady whose constitution is rendered delicate by the errors of her diet, exercises, &c. and thus prevented exercising this maternal duty, may, by proper care and attention, have her constitution so far improved, as to enable her to accomplish it with advantage to herself and her offspring, either at the first or a future attempt: not succeeding in the first attempt,

attempt, ſhould not prevent a ſecond or third; as the firſt is ſeldom complete, even with thoſe who prove moſt ſucceſsful. The means for promoting this intention, have been pointed out in the Rules and Cautions to be obſerved during Pregnancy and in Lying-in: for without ſuch obſervance, it will be in vain for a delicate woman to attempt the taſk, as ſhe will harraſs herſelf and her child, to the diſtreſs and diſadvantage of both.

It is however to be obſerved, that although theſe rules and cautions are neceſſary during pregnancy, they ſhould not be loſt ſight of at every interval, during child-bearing; as the more regularly and generally they are obſerved, the more completely and perfectly will the intention be anſwered.

As a *conſtitutional inability to give ſuck* is therefore *acquired*, and not *natural*, it appears how neceſſary it is for thoſe parents, who wiſh their daughters to avoid it, to guard againſt it by an early attention to their health. Even later in life, when it exiſts, much may be done to remove it: Plain diet, ſuitable exerciſes, and avoiding all irregularities, are the leading requiſites.

Accidents may happen to the breaſts or nipples, that may prevent giving ſuck; which very rarely occurs: yet they may be ſo far injured by the preſſure of the ſtays previous to this

time, as greatly to impede the attempt, and even ſometimes to fruſtrate it altogether. This however is very rarely the caſe with the breaſts; although the nipples from long continued preſſure of the ſtays, will be ſo depreſſed, flattened or ſunk into the breaſts, as to be with difficulty drawn out. and will ſometimes be nearly obliterated (See page 375). However, in all theſe caſes, attempts ſhould be made to draw out the nipples; and which often ſucceed, in caſes where it appears impracticable at firſt ſight. A gathered breaſt in a former lying-in, is often given as a reaſon for preventing a future attempt at nurſing; either for fear of a like accident, or leſt there ſhould not be ſuck enough from want of milk in that breaſt. The accident of a future gathering will however be better avoided by giving ſuck, than by repelling it, with due management; as gathered breaſts happen, as formerly obſerved, from improper management. The apprehenſion of a want of milk ſhould be no obſtacle; for if that breaſt ſhould happen to be deſtitute of milk, which may not be the caſe, except the gathering has been very large, nature provides againſt ſuch a defect by directing a larger quantity to the other breaſt. Gatherings in both breaſts, and thoſe large ones, only ſhould forbid the attempt.

THERE are ſome diſorders of the mother, wherein

wherein it has been thought improper for her to give ſuck, although ſhe ſhould have ability for it, to avoid injury to herſelf or her child. Hyſterical and nervous diſorders, and all weakneſſes depending upon a delicacy of conſtitution, have been conſidered ſufficient objections; yet as theſe are chiefly accidental, acquired, and not natural diſorders, they may be leſſened or removed, and that principally by means of a regulation in the diet, exerciſes, &c. above-mentioned, as they moſtly originate and are continued from irregularities and indulgences.

It has been thought that the milk of an hyſterical mother muſt be hurtful to a child. If a child takes the mother's breaſt ſoon after ſhe has had an hyſteric fit, it may produce a griping or diſorder of the child's bowels or ſtomach, as happens after any unuſual exerciſe of the paſſions of the mind, as grief, anger, &c.; but which will be only temporary, and will not exiſt beyond that period, nor entail any complaint upon the child: and as hyſterical and nervous complaints are, as before mentioned, ſo much benefited, and even removed, by nurſing, they ſhould never be an objection to the trial of it. I have known ladies who, upon repeatedly nurſing their children, have been happily reſcued from very diſtreſſing nervous and hyſterical complaints, and whoſe children can ſcarce be

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exceeded in health. As nervous, hyſterical, and all other ſimilar diſorders, that attend upon delicate and irritable conſtitutions, are ſo much benefited by nurſing, it becomes an object of choice and deſire, rather than to be avoided, in theſe ſituations.

It does not appear, from experience, that ſcorbutic complaints can be communicated to a child by the ſuck, they being chiefly accidental and confined to the ſkin, without being connected with the general habit of the body.

A consumptive tendency in the mother has been thought a ſufficient objection to her nurſing, as well on the child's account as her own. There are diſtinctions to be made on this occaſion. If the mother is actually in a comſumption, from decayed lungs, it will be unadviſable, for both parties. But if ſhe be of that ſort of conſtitution, or have that tendency only, without being actually ſo, it ought to be recommended for the prolongation of her life, which in moſt caſes it will contribute to; nor does it appear any ways hurtful to the child, ſo circumſtanced. When children born of healthy parents are ſuckled by nurſes of a conſumptive tendency, we do not find thoſe children neceſſarily ſubject to a like tendency at any period of life, although the nurſe's own children ſhould be ſo.

As the *ſcroſula* or *king's-evil* cannot be communicated

municated by the ſuck, that ſhould be no diſqualifying cauſe with the parent; except when there are any open, diſcharging ſores upon the mother, which very rarely is the caſe.

FROM what has been obſerved, it appears, that conſtitutional diſeaſes are not communicated by the ſuck, and therefore need not, except under the circumſtances above recited, be a bar to a mother's nurſing her child, when ſhe is deſirous ſo to do. Whatever is taken by a nurſe as food or drink, is converted, in a very ſhort time, into ſuck; the body acting in that caſe as an inſtrument or machine, only, for the accommodation of the child, and that it does not part with or mix any of its own intrinſic properties or parts with the ſuck, and only compounds and prepares ſuch as it receives from without: for although a child neceſſarily partakes of the parents conſtitutional qualities in its original formation, yet the texture or form it then receives, it will retain, unaltered, during its exiſtence. The human body is juſtly compared with a piece of cloth, which, of whatever materials it is made, cannot have its conſtruction altered, when once formed, by taking out ſome of its parts and introducing others, however advantageous ſuch an alteration may appear to be, without deſtruction to the whole piece. If the human body were liable to be varied materially by our food,

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it might happen equally at all periods of life, and would deftroy that prefent order which we find our Creator, in his wifdom, has impofed, by the numerous and endlefs varieties that would take place. This is fpeaking generally: for although the health of different conftitutions will vary with the ufe of different kinds of food, yet that is temporary and accidental; for in what manner foever the body is fed, whether to the attainment of its beft health or to its deftruction, ftill the nature and character of its original parts remain the fame. Hereditary complaints, or fuch as we derive from our parents, therefore depend entirely upon fomething in the original conftruction of the body, and are, as it were, interwoven with its compofition, and form a part of it; and which, like the features of the face, or the colour of the Æthiop's fkin, are unalterable and incommunicable by any other means.

THE END.

MAHARAJA SERFOGI'S SARA

☞ The following list of typographical errors has been extended by the Author's Distance from the Press, which prevented any communication during the progress of the work.

E R R A T A.

Page 8, line 12, *for* of, *read* and
52, 12, *for* remains *read* remain
96, 16, *omit* OF THE FOOD IN DRY-NURSING.
101, after 14, *insert* OF THE FOOD IN DRY-NURSING.
129, line 16, for, little flowery pottatoes *read* a little flowery potatoe.
188, 15, *for* errs *read* err.
——, 26, *for* unfavourable *read* unfavourabl*y*.
190, 5, *for* description *read* descriptions.
195, 10, *for* be *read* by.
197, 24 of the Note, *for* exceeding *read* exuding.
——, 10 of the Note, *for* 57 *read* 62
199, 5 from the bottom, *for* six *read* three.
202, 2 of the Note, *for* accumlated *read* accum*u*lated
206, 15, *for* advantage *read* *dis*advantage.
207, 19, *for* advantage *read* advantage*s*.
213, 3, *for* consequence*s* *read* consequence.
219, 27, *after* at *put* the
228, 7, *for* distant *read* distinct.
263, last line, *for* reflectidn *read* reflection.
282, line 4, *for* bre*e*thing *read* bre*a*thing.
297, 10 from the bottom, *for* nutr tive *read* nutr*i*tive.
298, 4, *for* *m*eaning *read* *w*eaning.
299, 8, *after* disorders *add* to.
302, 11, *for* insid*u*ous *read* insid*i*ous.
——, 21, *for* correction *read* conviction.
305, 5, *for* appear *read* apppear*s*.
312, last line, *for* lie*s*, *read* lie.
315, line 15, *for* a*s*cescent *read* acescent.
324, 17, *for* It *read* In.
328, 5, *for* aw*o*ke *read* awake.
329, 10, *after* air *put* are.
349, end of the Note, *for* sypathetic *read* sy*m*pathetic.
365, line 12, *for* soarness *read* soreness.
380, 1, *for* the *read* there.
386, 4, *for* *b*eeping *read* *k*eeping.
——, 13, *omit* a.
404, 26, *for* or *read* as.
416, 13, *for* recommeded *read* recomme*n*ded.

ERRATA.

425, 22, *for* give *read* give*s*.
427, 12, *for* ſweet *read* ſw*ea*t.
429, 20, *for* tha*t* *read* tha*n*.
——, 26, *for* abſtemio*a*ſneſs *read* abſtemio*u*ſneſs.
436, 6, *for* *d*ot *read* *n*ot.
——, 17, *for* one *read* onc*e*.
439, 3, *for* capale *read* capa*b*le.
443, 3, *after* ſuch *put* as.
453, 10 of the Note, *for* ph*i*logiſtic, *read* phlogiſtic.
458, 15, *for* eroneous *read* erroneous.
463, 8 and 13 of the Note, *for* contrarities *read* contrari*e*ties.
466, 19, *for* unfavo*u*rable, *read* unfavourable.